



Chewy Oat and Nut Butter Cookies

Ingredients

2 – 3 ripe bananas

140g pure nut butter e.g crunchy peanut

190g Ballybrado Organic Standard Oat Flakes

Ca. 50g chocolate chips

Method

1. Mash bananas in a bowl using a fork.
2. Add peanut butter, mix well.
3. Stir in the oats until well combined.
4. Add the chocolate chips last.
5. Form cookies out of the dough (approx. 1 tablespoon of dough per cookie) and place on lined baking tray.
6. Bake in preheated oven at 180°C for approx. 10 – 15 minutes.
7. Leave to cool on a wire rack.

The cookies will keep in an airtight container for approx. 5 days in the fridge. Or you can freeze them for up to 3 months, then thaw and enjoy!

These cookies are a great treat for kids – packed with high-fibre oats, bananas as natural sweetener, and no extra butter/oils or eggs or flour.

Feel free to experiment with these as you please – add coconut, chopped nuts, seeds, or even chopped fruit (instead of the chocolate chips maybe?). You could even replace the peanut butter with other nut butter such as pecan or hazelnut.