

Peanut Butter Cookies

Healthy breakfast cookies with no fat and additional sugar

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INGREDIENTS

(makes about 15 cookies)

- 2 ripe bananas
- 1 egg
- 150g peanut butter
- 100g flour
- 1 tsp baking powder
- ½ tsp baking soda
- 50g oats
- handful raisins or dark chocolate chips (optional)



DIRECTIONS

1. Mash the bananas with a fork until you have a smooth banana puree.
2. Transfer the banana puree to a medium bowl and add the egg to it. Whisk with a fork until combined.
3. If the peanut butter you are using is not very soft, you can soften it a little by heating it in a microwave for 10-15 seconds. Then add the softened peanut butter to the eggs and banana and whisk until combined.
4. In a separate bowl combine the flour with the baking powder and the baking soda. Sift the dry ingredients into the wet ingredients and mix until you have no dry spots in the batter.
5. Add in the oats and mix again until combined. If using raisins or chocolate chips, add them in also at this point.
6. Cover a baking tray with parchment paper and portion the cookie batter with a tablespoon leaving a little space between each cookie. As the batter is very soft I suggest to form the cookie right on the parchment paper with a help of a spoon or a spatula, spreading the batter a little to form a round cookie.
7. Bake the cookies at 200°C bottom top heat in the middle shelf of the oven for 10-15 minutes or just until they become golden from the top.
8. Remove from the oven and allow to cool for 10-15 minutes before removing them from the baking tray to a cooling rack, where you want to allow them to cool completely.
9. Store the cooled cookies in an airtight container in the fridge.