

Healthy Snack Cookies

Oatmeal cookies packed with good nutrients

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INGREDIENTS

(makes 12 cookies)

- 3 very ripe bananas
- 1 egg
- 1 tsp vanilla paste/extract
- 30g all-purpose flour (about 2 tbsp)
- 1 ½ tsp baking powder
- 180g (2 cups) oats
- 50-100g (¼ – ½ cup) cranberries/raisins/dates/dried apricots
- 50g (¼ cup) pecan nuts/walnuts/almonds

DIRECTIONS

1. Start by mashing the bananas with a fork.
2. Add the egg and vanilla to the bananas and whisk until combined.
3. In a separate bowl combine flour and baking powder. Then add to the batter whisking well until combined.
4. Add the oats, the cranberries and the pecan nuts and mix well until everything is mixed in and you have no dry spots.
5. Portion the cookies with an ice cream scooper or with a tablespoon to form 12 even cookies. Flatten the cookies a little with fingers dipped into cold water to stop them from sticking to the batter.
6. Bake the cookies in 200°C (392°F) bottom top heat at the middle shelf of the oven for 10-15 minutes. Remove from the oven and allow to cool for about 10 minutes before removing them to a cooling rack to cool completely.

