

Banana Oat Cookies



INGREDIENTS:

2 ripe bananas
1 cup oats (regular or quick oats)
1–2 tablespoons sugar or honey (optional)
A handful of raisins or chopped fruit (optional)
A pinch of cinnamon (optional)

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C) and lightly grease a baking sheet or pan.
2. Mash the bananas in a bowl until smooth.
3. Add the oats and stir until the mixture holds together; mix in sugar, raisins, or cinnamon if you are using them.
4. Scoop small spoonfuls of the mixture onto the baking sheet and flatten them slightly.
5. Bake for 12–15 minutes, or until the cookies are set and lightly browned.
6. Let them cool for a few minutes before serving so they firm up.



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