

*For a sweet treat with no added sugars, try this cookie recipe. They are a quick and easy way to use up old bananas, too!*

## 2 Ingredient Cookies

Yields: 16 cookies  
Serving Size: 2 cookies

### Ingredients:

- 2 large bananas
- 2 cups oats

### Directions:

1. Preheat oven to 350 degrees F. Place oats in a blender or food processor and blend until oats become consistency of flour; it's okay if it's not perfectly ground.
2. In a large bowl, combine mashed banana with oats until smooth. Add in ½ cup of your favorite add in if desired.
3. Spray baking sheet with nonstick spray. Drop dough by large tablespoons onto cookie sheet; flatten a bit with rubber spatula. Bake for 9 to 12 minutes or until cookies are set. Remove from oven and cool on wire rack.

### Optional Add-ins:

- Vanilla extract
- Coconut flakes
- Nuts
- Raisins
- Dried cranberries
- Chocolate chips

**Nutrition Info:** Calories 120; Fat 1.6g; Carbohydrates 24.8g; Sugar 4.2g; Fiber 3.4g; Protein 2.8g

\*Note: nutrition info does not reflect add-ins



**\*\*\*Sugar is often a hidden ingredient in processed foods. The empty calories in sugar do not provide any nutritional benefit to the body, which is why it is important to know other names for sugar on food labels.\*\*\***