

Ingredients

- 2 ripe bananas
- 1 cup rolled oats
- ½ tsp ground cinnamon
- ¼ cup dark chocolate chips
- 1 tsp vanilla extract

Method

- Preheat your oven to 180°C and line a baking tray with baking paper.
- In a bowl, mash the bananas until smooth.
- Add oats, cinnamon, choc chips and vanilla. Stir to combine.
- Drop heaped tablespoons of the mixture onto the tray and gently flatten into cookie shapes.
- Bake for 12–15 minutes or until lightly golden and set.
- Cool on a wire rack and enjoy!
- Keep in an airtight container for up to 3 days - or freeze for grab-and-go snacks.



Banana Oat Cookies



Serves 1

These Banana Oat Cookies are the ultimate grab-and-go snack—naturally sweet, high in fibre, and ready in 15 minutes.

No added sugar, no flour, no fuss! Just mashed banana, rolled oats, cinnamon, and a handful of choc chips.

Naturally sweet, fibre-rich, and ready in under 20 minutes. Perfect for post-training fuel, lunchbox treats, or that 3pm craving.