



## Banana and Oat “Not Cookies”

Makes 6 large

Although these are round like cookies and contain some of the same ingredients as cookies, I don't want to mislead you. These are much more “granola-ee” chocked full of oats, nuts and seeds with only a hint of sweetness. Don't get me wrong, they are delicious, they just aren't a dessert style cookie. On the other hand, they are super hearty, delicious and a great way to start your day.

- 1 ripe banana
- 1 egg
- 2 tbsp maple syrup (or honey)
- 3 tbsp peanut butter (or another nut butter)
- 1 tsp cinnamon
- 1 ¼ cup of instant oats (large flaked also works)
- ¼ cup chocolate chips
- ¼ cup toasted pumpkin seeds
- ¼ cup chopped toasted walnuts
- 3 tbsp cracked flax seed

Preheat oven to 350F and line a baking sheet with parchment paper.

1. Mash the banana really well and stir in the egg, maple syrup and peanut butter.
2. Add the remaining ingredients and stir well to combine.
3. Portion out 6 large cookies on to the prepared baking sheet.
4. Use a damp hand to shape the cookies into rounds and press down into ¼' thickness.
5. Bake for 14-16min. until the oats are just starting to brown around the edges.
6. Transfer to a cooling rack and cool completely before storing in an air tight container.\

Cookies will last 3 day in the cupboard but can also be frozen.