



Banana Oatmeal Cookies

NIBBLEDISH CONTRIBUTOR

Ingredients

- quick oats (2 1/2 cups) - ripe bananas (3 to 4) - olive or walnut oil (1/4 cup) - chopped walnuts or pecans (3/4 cup) - cinnamon (1 1/5 tbs) - salt (couple pinches) optionals - small handful of chocolate chips/raisins

Instructions

These guys are flour free + sugar free - best straight out of the oven! 1. Preheat oven to 400 degrees. 2. In mixing bowl - toss quick oats, cinnamon, salt and lastly oil. 3. In food processor - mix bananas to a nice pastey consistency. If they're ripe enough you probably get away with a good fork-mashing. 4. Add banana paste, nuts and any optional ingredients to to the oat mixture. Blend with a spatula. 5. On cookie sheet covered with parchment paper, form 8 to 10 cookies about 1/2" to 3/4" in thickness. 6. Bake on middle rack for about 18 minutes.