



# Banana Breakfast Cookies

This recipe was provided by **Simone Jennings, RD.**

 Yield: 48 cookies

\*can be made gluten-free by using gluten-free oats

## Ingredients

- 8 ripe bananas (starting to brown is best)
- 450 g (~5 cups) quick oats
- 250 ml (1 cup) shredded coconut\*
- 320 ml (1 ¼ cup) mini chocolate chips\*
- 5 ml (1 tsp) cinnamon, optional

### Notes:

*\*Optional Recipe Alterations: If you don't have shredded coconut you can omit it and increase the oats to 1.5 cups. Instead of chocolate chips try raisins, craisins or other chopped dried fruit. You can increase the protein in the cookies by adding an egg and chopped nuts or seeds, then if needed increase the amount of quick oats slightly to compensate for the additional moisture from the egg.*

## Method

### Step 1

Preheat the oven to 350°F.

### Step 2

Line a baking sheet with parchment paper, a silicone-baking mat, or spray with cooking oil.

### Step 3

Peel bananas and place in a medium size bowl.

### Step 4

Using the back of a fork, mash the bananas until they are broken down into a smooth mixture.

### Step 5

Stir in the oats and coconut. Mix until it looks like thick cookie batter.

### Step 6

Stir in the chocolate chips.

### Step 7

Using a spoon, scoop the cookie batter onto the baking sheet one spoonful at a time. Use your hands as needed to shape the batter into cookies.

### Step 8

Bake for 12-14 minutes. The cookies should feel firm and look light golden.

### Step 9

Remove from the oven and let set for 1-2 minutes before allowing them to cool on a wire rack to cool.

## HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°.