AMERICAN · DESSERT · SNACK

Three-Ingredient Banana Oatmeal Cookies

25 min · Makes 15 × 1 cookie · 75 kcal a portion · Video 4:03 · Downshiftology

Vegan · No nuts listed

Sweetened by ripe banana and made with whole-grain oats instead of flour, with no eggs, butter or sugar: about 75 kcal a cookie, and the only added sugar is about 3 g from the chocolate chips.

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Ingredients 3 · MAKES 15 × 1 COOKIE

- [ ] 2 large **very ripe bananas** (about 230 g mashed)
- [ ] 140 g **quick-cooking rolled oats**
- [ ] 85 g **chocolate chips**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175 °C and line a baking sheet with baking paper. 0:19
2. Break the peeled bananas into a large bowl and mash with the back of a fork for a minute or two, until almost smooth like a purée. 0:43
3. Stir in the oats until the mixture turns thick and sticky, then stir in the chocolate chips. 1:01
4. Scoop about 1½ tbsp of dough per cookie onto the sheet (about 15) and flatten each one with wet fingers, as they won't spread in the oven. 1:54
5. Bake for 13–15 minutes, until lightly golden at the edges. Cool on the sheet for a couple of minutes before lifting off. 2:51

> **Tip** Makes about 15 cookies; a serve is 1 (two have about 6 g of added sugar). Use dairy-free chips for a vegan cookie. Swap the chips for 120 ml raisins, or add cinnamon and a splash of vanilla. Rolled oats give a chunkier cookie.

The method is a summary in our words — the video shows every step.

One portion (1 cookie) gives you 1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
75 kcal 310 kJ	**1.6** g 3% of a day	**13** g 12 g net · 5 g sugars 5% of a day	**1.6** g 6% of a day	**2.3** g 1.1 g saturated 3% of a day	**0** mg 0% of a day

Energy from net carbs 63% · protein 9% · fat 28%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=scer-DlZkzk, published 5 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/three-ingredient-banana-oat-cookies