



## Banana Oat Honey Power Cookies

These cookies make a great breakfast or an energy booster for training. They contain just 5 ingredients - no eggs, flour or butter - so quick and easy to make and taste delicious. Bananas are famous for being rich in potassium, a mineral essential to optimise athletic performance.

**Serves: 9, Prep time: 00:05, Cook time: 00:15**

### Instructions

1. Preheat your oven to 170C/325F (fan).
2. Place the banana in a medium-sized bowl and mash it with a fork. Add the oats, honey and coconut oil and give everything a good stir until combined. Leave to rest on the countertop for 10 minutes, so that the oats can absorb the moisture from the other ingredients.
3. After 10 minutes, add in the chocolate chips (reserve a few to sprinkle on once the cookies are cooked) and the salt. Stir to combine.
4. Take a tbsp. of the mixture in your hand, roll into a ball and then squash to flatten into a thick disk (approx. 1cm thick). Place on a baking tray and repeat until all your mixture is used up.

### Ingredients

- 1 Medium sized ripe banana
- 1 cups Oats, rolled, raw
- 2 tablespoon Honey
- 1 tablespoon Coconut oil
- 1/2 cups Dark chocolate chips

5. Place in the oven and cook for 15 minutes.

6. Take out of the oven, sprinkle with the reserved chocolate chips and leave to cool.

## Notes

I'm not a photographer so sorry the photo is not great! They do taste great though!

I used a dark chocolate bar with orange and nut pieces in which gave them a nice orange flavour. I simply just chopped up the bar into small pieces.

Can I make them gluten free?

Yes - use gluten free certified oats (regular oats are often processed in facilities that process wheat) Check the chocolate chips you're using are gluten free too. .

Can I swap the chocolate?

Yes, swap for raisins, cranberries, carob pieces, banana chips, nuts or a mixture!&nbsp;

How long do they last?

They last for about a two to three days wrapped in foil or baking parchment in an air-tight container at room temperature. After that they start getting softer. This recipes makes a batch of 7-8, so you shouldn't be left with a lot of cookies.

What's the texture like?

They're firm on the outside and soft and chewy in the centre. The texture comes

from the chewiness of the oats - so it's not like caramel chewy. You can bake them a little longer if you want them more crisp, but they won't go fully crispy. This is because the recipe only uses a little honey, rather than sugar - which makes for a crisper cookie.&nbsp;

Nutritional information is per cookie.

Nutritional Information Serving:

46g | Calories: 158kcal | Carbohydrates: 25g | Protein: 2g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 1mg | Sodium: 9mg | Potassium: 102mg | Fiber: 1g | Sugar: 15g | Vitamin A: 40IU | Vitamin C: 1.5mg | Calcium: 21mg | Iron: 0.7mg

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