

Spoons Snack Cookies

Ingredients

- 2 medium ripe bananas
- 1 cup creamy nut or seed butter, such as peanut, sunflower, or almond butter
(or leave out the nut butter and add one extra banana for an allergy-friendly version)
- 1/4 cup honey
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 3 cups rolled oats
- 1/2 cup dried fruit (see below for ideas)
- 1/2 cup nuts or seeds fruit (see below for ideas)



Directions

1. Preheat the oven to 350° F. Grease two cookie sheets with a little butter or oil, or line them with parchment paper.
2. Put the bananas in a large bowl and mash well with a fork or potato masher.
3. Add the nut or seed butter (if using), honey, cinnamon, baking soda, and salt. Mix well.
4. Add in the oats, dried fruit, nuts or seed, and any other add-ins you like, mix again until the oats and mix-ins are completely mixed in, but don't over mix or your cookies won't rise!
5. Use a 1/4 cup measuring cup to scoop balls on the dough onto your prepared cookie sheets. Use clean hands to gently flatten the cookies.
6. Put the cookie sheets in the oven (an adult can help you with this), and bake for 12-17 minutes, or until the cookies are getting golden brown on the top. If you used an extra banana instead of nut or seed butter your cookies might take an extra minute or two.
7. When the cookies are done, take the pans out of the oven and let cool for 10 minutes, then use a spatula to transfer them to a cooling rack to finish cooling. If you don't have a cooling rack, leave the cookies on the pans to cool.
8. When the cookies are cool to the touch, they are ready to eat!

Mix it up!

There are hundreds of ways to make these cookies! You can add in any dried fruit, seeds and nuts you like. Mix it up even more by adding dried coconut or chocolate chips. You can go all dried fruit or all nuts and seeds, just make sure to stick with 1 cup in total of mix-ins so the texture of the cookies stays the same. A few of our favorite combinations:

- 1/2 cup pumpkin seeds and 1/2 cup dried cranberries
- 1/2 cup sunflower seeds and 1/2 cup raisins
- 1/3 cup dried pineapple, 1/3 cup dried cranberries, 1/3 cup banana chips
- 1/2 cup chocolate chips and 1/2 cup dried coconut
- 1/2 cup chopped walnuts and 1/2 cup raisins