

3 Ingredient Peanut Butter Banana Cookies

Ingredients

- 2 ripe bananas, mashed
- 1 cup oats (quick or regular)*
- 2 tablespoons PB2 or natural peanut butter
- ¼ cup dark chocolate chips (optional, you can also use ¼ cup or less of dried fruit, nuts, or other item)

* You can use either or a combination of both. If you use just old fashioned, chop them a little bit.



Instructions

1. Grease a cookie sheet and preheat oven to 350 degrees F.
2. Mix together the bananas, oats, and PB2 (or natural peanut butter).
3. Because bananas vary in size you may need to adjust the amount of oats you add. The texture should be like wet cookie dough.
4. Add dark chocolate chips or other mix-in. Whatever you decide to add, stick to ¼ cup or less, or the dough won't stick together.
5. Scoop dough onto the greased cookie sheet. I got 12 cookies from this recipe.
6. Bake for 15 minutes at 350. Cool for 10 minutes. ENJOY!
7. Keep leftovers in the refrigerator. You can also freeze a batch and thaw in the refrigerator.

Notes:

{serving size = 1 cookie; makes 12 servings}

Nutrition info

Using PB2 w/ dark chocolate chips

65 calories
1.4 g protein
12 g carbohydrate
2 g fat
1 g saturated fat

Using peanut butter w/ dark choc chips

87 calories
2 g protein
13 g carbohydrate
4 g fat
1 g saturated fat

Using PB2 without mix ins

38 calories
1.4 g Protein
5 g carbohydrate
1 g total fat
0 g saturated fat

Using peanut butter without mix ins

51 calories
2 g protein
7 g carbohydrate
2 g fat
0 g saturated fat

Recipe by:

<http://www.feelgreatin8.com/feelgreatblog/3-ingredient-peanut-butter-banana-cookies/>