

Recipe: Coconut Banana Cookies



Confident



Chilled-out

Try these tasty coconut banana cookies that can be eaten as a breakfast snack or at any point when you are feeling hungry throughout the day. Coconut has many skin benefits and can leave you with clear looking skin!



Ingredients:

2 ripe bananas, mashed, 1 cup oats, $\frac{1}{4}$ cup unsweetened shredded coconut, optional: raisins, walnuts, dried cranberries, etc. (to add extra sweetness)

Method:

1. Grease a cookie sheet and preheat oven to 350F/180 degrees/Gas Mark 4.
2. Mix together the mashed bananas, oats, and coconut. The texture should be like a wet cookie dough (add more oats if necessary).
3. Add any dry fruit you want, but only a few tablespoons, so that the dough will still stick together.
4. Scoop dough onto the cookie sheet. You should get around 12 cookies from this recipe.
5. Bake for 15 minutes at 350F/180 degrees/Gas Mark 4 and enjoy!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?