

3-Ingredient Banana Cookies

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An easy, soft, chewy banana cookies 100% egg-free, oil-free and dairy-free.

Prep Time 10 mins	Cook Time 12 mins	Total Time 22 mins
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Course: Snack Cuisine: American Diet: Vegan, Vegetarian

Keyword: 3 ingredients banana cookies, banana cookies, easy vegan cookies, vegan banana cookies

Servings: 10 cookies Calories: 128kcal Author: Carine Claudepierre

Ingredients

- 2 medium bananas fresh (or ripe but the cookie will be much sweeter) 118 g, 4.2 oz each banana, unpeeled banana
- 1/3 cup Maple Syrup or agave syrup or liquid syrup you like
- 1 cup Spelt flour or all-purpose flour

Adds on - optional but recommended

- 1/3 cup Vegan Dark Chocolate Chips
- 1/4 teaspoon Baking Powder for light and fluffy cookies
- 1/2 teaspoon Ground Cinnamon
- 1/4 teaspoon salt

Instructions

1. Preheat oven to 350°F (180°C). Line a baking tray with parchment paper, lightly oil the paper with oil. Set aside.
2. Before you start, make sure you are using a medium-size banana. A medium-sized banana weighs about 118g/4.2 oz unpeeled.
3. In a medium-size mixing bowl, mash the banana into a puree. It is ok if there are few lumps
4. Stir in maple syrup, then stir in flour until it forms a wet, sticky cookie dough, similar to banana bread dough.
5. Scoop out dollops of cookie dough on the prepared tray, leaving 1 thumb space between each cookie. The cookie won't expand in the oven.
6. Slightly spread the dough with the back of a spoon into a round cookie shape if desired.
7. Bake 12 minutes or until slightly golden on the top.
8. Store in the fridge in an airtight box for up to 3 days.

Notes

Gluten-free option: use an all-purpose gluten-free flour blend.

Banana size: you need 2 medium-sized bananas for this recipe. A medium-sized banana, unpeeled weighs about 118 grams / 4.2 oz. It represents 1 cup + 1/3 cup mashed banana.

Nutrition

Serving: 1 cookie | Calories: 128kcal | Carbohydrates: 26g | Protein: 2g | Fat: 2g | Saturated Fat: 2g | Cholesterol: 1mg | Sodium: 77mg | Potassium: 160mg | Fiber: 1g | Sugar: 11g | Vitamin A: 15IU | Vitamin C: 2mg | Calcium: 39mg | Iron: 1mg

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