# Breakfast Cookies: Low Sugar Peanut Butter and Banana

Ripe bananas and peanut butter bind oats for a dense morning bite



| PREP | COOK | TOTAL | SERVES | CALORIES |
|---|---|---|---|---|
| 15 min | 12 min | 27 min | 8 cookies | 185 kcal |

## Ingredients

- 120 g rolled oats
- 60 g wholegrain flour
- 2 tsp ground cinnamon
- 20 g chia seeds
- 200 g ripe banana, mashed
- 60 g peanut butter
- 15 g honey
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 g salt
- 30 g dark chocolate chips, optional

## Instructions

1. Prepare the oven: Pre-heat your oven to 180°C (350°F). Line a baking tray with parchment paper. This prevents the honey and banana from sticking to the metal.
2. Mix dry ingredients: Combine the rolled oats, wholegrain flour, ground cinnamon, chia seeds, baking soda and salt in a large bowl. Mix well to distribute the dry ingredients evenly. This ensures the leavening agent is present in every bite.
3. Combine wet ingredients: Mash the ripe banana with a fork until smooth in a separate small bowl. Stir in the peanut butter, honey and vanilla extract. The mixture should be creamy and homogeneous.

4. Fold the dough: Pour the wet mixture over the dry ingredients. Gently fold with a spoon or spatula just until the dough comes together. Do not over-mix so the cookies remain tender.
5. Add optional chips: Fold in the dark chocolate chips if you are using them. The dough should feel sticky but manageable. Add a tablespoon of warm water if the dough feels too dry to hold together.
6. Shape the cookies: Drop rounded spoonfuls the size of a tennis ball onto the tray. Space them 5 cm apart. Slightly press each mound flat with the back of a spoon to ensure even baking.
7. Bake the cookies: Bake for 10–12 minutes until the edges are lightly golden and the centres set. Remove them while they still look slightly under-baked. They will firm up as they cool.
8. Cool the cookies: Allow the cookies to cool on the tray for 5 minutes. Transfer them to a wire rack to finish cooling completely. This prevents the bottoms from becoming soggy.

## Notes

What to serve with itPair these cookies with a cup of green tea or herbal rooibos. You can serve them with a dollop of Greek yoghurt and a drizzle of honey for a richer meal. Sprinkle with crushed walnuts or hemp seeds to add more omega-3s and a crunchy texture to the dish.

Making it aheadPrepare these cookies in advance to save time during the morning rush. Wrap them individually in parchment paper or place them in a zip-lock bag. They freeze for up to 2 months, which allows you to maintain a steady supply of breakfast options throughout the week.

Storing and reheatingStore the cookies in an airtight container at room temperature for up to 3 days. Keep the container sealed so the dough stays soft. To eat frozen cookies, thaw them at room temperature for 15 minutes before serving to restore the original texture and flavour.

Getting the texture rightRemove the cookies from the oven one minute earlier if you prefer a softer bite. Bake them for an extra minute for a crispier edge. They will look under-baked when you remove them from the oven, but they firm up as they cool on the rack.