3 Ingredient Chocolate Cookies WRCC RECIPE



Ingredients:

- 2 very ripe large bananas
- 1 cup of quick oats
- 2 small tbsp of unsweetened cocoa

Optional mix-ins of your choice (chocolate chips, cacao nibs, chopped nuts, raisins, coconut flakes, flax seed, vanilla, diced raspberries, dried cranberries, etc.)

Instructions:

Preheat your oven to 350 degrees and line a baking sheet with non-stick foil or parchment paper. Mash 2 ripe bananas in a bowl, and then mix in up to

2 tbsp of unsweetened cacao powder and 1 cup of quick oats until a cookiedough-like batter is formed.

The mixture will seem dry at first, but after a few minutes of mixing with a spoon it will turn into a nice consistency. Fold in any mix-ins you plan on adding to the batter Place about 15 clumps of your cookie dough mixture evenly on your baking sheet. Flatten and mold them with your hands to form "cookie" shapes. Bake at 350 degrees for 10-15 minutes. Enjoy!!



Kailah Haag, Licensed Registered Dietitian | Email: khaag@dickinsonparks.org | Phone: 701.290.2275 West River Community Center, 2004 Fairway Street, Dickinson, ND 58601

CONTACT KAILAH TODAY FOR ANY DIETARY NEED.