

Breakfast | Snack

Banana Oatmeal Chocolate Chip Breakfast Cookies

5 Mins
Prep Time

20 Mins
Cook Time

9
Servings

238 Calories **8g Fat** **39g Carbs** **4g Protein**



Ingredients

9 Servings • **1 Cookie Serving Size** **25 Mins Total Time** **Allergens: Dairy**

2 Cups Old Fashioned Oats

1 Tsp Cinnamon

3 Large Bananas, mashed

2 Tbsp Vegetable Oil

½ Cup **Pasteurized** Plain Greek Yogurt

1 Tsp Vanilla Extract

½ Cup Mini Chocolate Chips

¼ Cup Honey (to drizzle)

Allergen Swap

Dairy Omit Greek yogurt and replace with a non-dairy yogurt alternative

Nourishment Note



Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water, potentially providing diarrhea relief.



Bananas

Bananas are rich in potassium, an electrolyte that may become low if experiencing chronic diarrhea.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 375 °F.

3. Combine Ingredients

In a large bowl, combine all ingredients, using the fork to mash the bananas. Mix well.

4. Form Cookies

Scoop batter onto a parchment-lined baking sheet using a cookie scoop or two spoons. Batter makes approximately 9 cookies.

5. Bake

Bake for 18-20 minutes or until golden brown. Drizzle cookies with honey.

6. Let Cool

Allow to cool and enjoy!

7. Clean Up

Wash hands with soap and water.

8. Store Cookies

Store cooled cookies in the refrigerator for up to one week.

Recipe adapted from [Milk and Honey Nutrition](#)

What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Fork



Mixing Spoon



Cookie Scoop (optional)



Spoons (2)



Baking Sheet



Parchment Paper (optional)

Fatigue Buster

- To soften bananas, place on a baking sheet and put in the oven as oven preheats.
- Have a friend or family member help you with this recipe.