THE LIGHTER PLATE METHOD

Banana & Cinnamon Oat Cookies

No added sugar, no flour — just mashed banana, oats and cinnamon, baked until golden.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**18 min**	**23 min**	**10**	**EASY**

Ingredients

- 10 small bananas
- 10 tbsp porridge oats
- 1 tbsp ground cinnamon

Method

1. Heat the oven to 180°C (fan 160°C) and line a baking tray.
2. Mash the bananas well in a bowl.
3. Stir in the oats and cinnamon until evenly combined.
4. Drop spoonfuls of the mixture onto the tray, spacing them apart — one spoonful is one cookie.
5. Bake for 15–18 minutes, until golden.

Tips & swaps

- Very ripe bananas mash more easily and give a sweeter cookie.

Storage & reheating

Keeps in an airtight container for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
45	**1g**	**10g**	**0g**	**2g**

Estimated values, for guidance only. Contains: Oats (gluten).