THE LIGHTER PLATE METHOD

Banana & Peanut Butter Cookies

Soft, chewy cookies with a proper peanut butter hit — no refined sugar, no fuss.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**15**	**EASY**

Ingredients

- 4 tbsp peanut butter
- 1 egg
- 1 tbsp baking powder
- 4 tbsp oat flour
- 1 banana (mashed)

Method

1. Heat the oven to 190°C (fan 170°C) and grease a baking tray with coconut oil.
2. Beat the egg, then mix in the mashed banana and peanut butter.
3. Stir in the oat flour, then the baking powder, until combined.
4. Drop spoonfuls of the mixture onto the tray, using two spoons to shape them.
5. Bake for 15 minutes, until golden and cooked through.

Tips & swaps

- Add a few drops of stevia or a spoon of honey if you'd like these a little sweeter.

Storage & reheating

Keeps in an airtight container for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**3g**	**6g**	**4g**	**1g**

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