

Banana, Coconut and Chia Seed Cookies



Discover our delicious allergen-free Coconut-Banana-Chia Soft Cookies. These soft and flavorful cookies are made with coconut, banana, and chia seeds, offering a healthy and satisfying treat for everyone. Enjoy worry-free indulgence!

Preparation 15 min

Cooking 22 min

Servings 16

Nutrition Facts (per serving)

Calories 70

Fat 3

Carbohydrates 10

Fibre 2

Protein 2

Ingredients

- 2 crushed bananas
- 125 ml (½ cup) chopped dates
- 450 ml (1 ¾ cup) oats
- 125 ml (½ cup) unsweetened coconut
- 125 ml (½ cup) unsweetened rice milk
- 30 ml (2 tbsp) chia seeds

- 15 ml (1 tbsp) melted coconut oil
- 5 ml (1 tsp) vanilla extract

Preparation

1. Preheat the oven to 375 ° F and place the rack in the center. Line a baking sheet with parchment paper and set aside.
2. In a bowl, combine the crushed bananas, chopped dates, oats, coconut, chia seeds, ground flaxseed, melted coconut oil and vanilla extract.
3. Using a tablespoon, form 1 inch wide balls and crush lightly.
4. Bake for about 22 minutes.

Notes



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