

Healthy Strawberry & Oatmeal Cookies

Ingredients:

- 2 large ripe bananas, mashed (2/3 cup)
- 1/4 cup pure maple syrup
- 2/3 cup unsweetened almond butter
- 2 cups quick oats
- 1/2 tsp sea salt
- 3/4 cup fresh strawberries, chopped into small chunks

Optional Additions:

- 1 tsp pure vanilla extract
- 1 1/2 tsp ground cinnamon

Baking Instructions:

- Preheat the oven to 350 degrees
- Mash the bananas in a large bowl until they are creamy
- Add in the maple syrup, almond butter and vanilla extract
- Mix until wet ingredients are combined into a thick, sticky substance
- Add in the oats, sea salt, cinnamon and mix until combined
- Transfer the chopped strawberries to the cookie mixture and stir well until the strawberries are combined
- Drop mounds of dough onto a prepared baking sheet
- Bake cookies for 10 to 15 minutes on the center rack
- Remove cookies and allow them to cool for 10 minutes