



BY KIDS FOR KIDS HEALTHY COOKIES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 2 medium sized ripe banana, peeled
- 150g gluten free rolled oats
- Juice of one blood orange
- 1 tablespoon maple syrup
- 3 tablespoon dark chocolate chips

PREP TIME

- Prep | 15min
- Cook | 20-25min
- Ready in | 45mins

METHOD

- Preheat oven at 180°C.
Line a baking sheet with parchment paper.
- In a large bowl, place the peeled bananas and mash with a fork.
- Add the oats, maple syrup and orange juice and combine well.
- Now is the time to add your choc chips Stir to combine
- .Take a tablespoon of the mixture at a time and place on to the baking sheet, shape and leave space between cookies.
- Repeat until all your mixture is used up.
- Place in the oven and cook for about 20 minutes.
- Take out of the oven, leave to cool for 5 minutes.
- They are best eaten warm straight out of the oven.

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