

3-Ingredient Banana Cookies

www.theconsciousplantkitchen.com

These easy, soft, chewy banana cookies are 100% egg-free, oil-free, and dairy-free and are made with few



4.74 from 123 votes

Scan this to go to the recipe!



ingredients.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:
<https://www.theconsciousplantkitchen.com/3-ingredient-banana-cookies/> or scan the QR code here

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 12 cookies Calories: 73.2kcal Author: Carine Claudepierre

Ingredients

- 2 medium Banana (note 1)
- ¼ cup Maple Syrup (note 2)
- 1 cup Self-Rising Flour (note 3)

Add-ons - optional but recommended for flavors

- ⅓ cup Dairy-Free Dark Chocolate Chips
- ½ teaspoon Cinnamon
- ¼ teaspoon Salt
- 1 teaspoon Vanilla Extract

Instructions

1. Preheat the oven to 350°F (180°C). Line a baking tray with parchment paper, and lightly oil the paper with oil. Set aside.
2. In a medium-size mixing bowl, mash the banana into a puree. Measure the mashed bananas in measuring cup - you need 1 cup. It is ok if there are a few lumps.
3. Stir in maple syrup, then stir in the self-rising flour until it forms a wet, sticky cookie dough, similar to banana bread dough.
4. Scoop out dollops of cookie dough on the prepared tray, leaving 1 thumb of space between the cookies. The cookie won't expand in the oven.
5. Slightly spread the dough with the back of a spoon into a round cookie shape if desired.
6. Bake the cookies for 12-15 minutes at 350°F (180°C) until slightly golden on the top.

Notes

Note 1: Make sure you use fresh yellow bananas. If you use ripe bananas, the cookies will be much sweeter.

Note 2: You can use any liquid sweetener you love, like agave syrup, rice syrup, or coconut nectar.

Note 3: 1 cup of self-rising flour equivalent to 1 cup all-purpose flour + 2 teaspoon baking powder. You can make the recipe without baking powder, using all-purpose flour, but the cookies are flat and chewy.

Storage: You can store the cookies in the fridge in an airtight box for up to 3 days.

Gluten-free option: use an all-purpose gluten-free flour blend.

Banana size: you need 2 medium-sized bananas for this recipe. A medium-sized banana, unpeeled, weighs about 118 grams / 4.2 oz. It represents 1 cup + 1/3 cup mashed banana.

Nutrition

Serving: 1 cookie | Calories: 73.2kcal | Carbohydrates: 16.6g | Protein: 1.5g | Fat: 0.2g | Saturated Fat: 0.05g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.02g | Sodium: 1mg | Potassium: 95.9mg | Fiber: 0.8g | Sugar: 6.5g | Vitamin A: 12.8IU | Vitamin C: 1.7mg | Calcium: 9.9mg | Iron: 0.2mg | Magnesium: 9.3mg | Phosphorus: 14.4mg | Zinc: 0.2mg

3-Ingredient Banana Cookies <https://www.theconsciousplantkitchen.com/3-ingredient-banana-cookies/>