

Vegan Banana Oat Cookies



How to:

1. Ask your child to wash their hands with you before cooking
2. Ask your child to help you to gather together the utensils and ingredients you will need to make the Vegan Banana Oat Cookies (see below) and lightly grease your baking tray
3. Pre-heat your oven to 180 C/356 F/Gas 4
4. Invite your child to peel the bananas then place them in the bowl and mash them with a fork or potato masher
5. Then, add the oats, honey and cinnamon to the bowl with the banana
6. Invite your child to mix this all together with their hands. If the mixture is a bit sticky, add a little flour to bind it together
7. Using a spoon, place 15 cookies onto your greased baking tray, leaving space between them as they spread a little whilst cooking. Invite your child to count the cookies as you work together
8. Gently flatten each cookie slightly with a fork
9. Bake in the oven for 12 to 15 minutes
10. Take them out of the oven and place on a cooling rack. The cookies will become crisper as they cool
11. When cooled, store them in an airtight container in the fridge

Adaptations:

- Decorate the top of your cookies with a little melted chocolate or a small amount of icing
- For variety, or to cater for differing tastes, you could add different ingredients such as chocolate chips or any dried fruit or nuts

Utensils:

- Baking tray
- Large bowl
- Fork/potato masher
- Desert spoon
- Cooling rack

Ingredients:

- 2 ripe bananas
- 1 cup of whole oats or rolled oats
- 1 dessert spoon of honey or maple syrup
- Pinch of cinnamon
- A little flour and butter or oil to grease tray



Top Tip

Ensure that you are aware of any allergies if you are using nuts in this recipe