

Skinny Monkey Cookies - Soft, Chocolatey, and Naturally Sweet

Who said cookies have to be a cheat day treat? These



OVEN
350°F

TIME
30 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 2 ripe bananas (medium-large)
- 1 cup quick oats
- ... cup peanut butter
- ... cup unsweetened cocoa powder
- 1/3 cup unsweetened applesauce
- 1 tsp vanilla extract

DIRECTIONS

- 1. Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2. Mash the Bananas:** In a large mixing bowl, mash 2 ripe bananas until smooth and creamy.
- 3. Add the Other Ingredients:** Stir in the oats, peanut butter, cocoa powder, applesauce, and vanilla extract. Mix until fully combined into a thick, sticky dough.
- 4. Let It Rest:** Let the batter sit for 5 minutes so the oats absorb moisture and thicken up.
- 5. Scoop and Shape:** Use a cookie scoop or tablespoon to portion out the dough onto the baking sheet, spacing about an inch apart. Gently flatten each scoop with the back of a spoon (they won't spread much during baking).
- 6. Bake:** Bake for 12-15 minutes, or until the edges are set and the cookies are slightly firm.
- 7. Cool and Serve:** Let cookies cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely. Store in an airtight container for up to 4 days at room temp or freeze for longer storage.

SWAPS & NOTES

Swap peanut butter for sunflower seed butter or almond butter.

Add-ins : A handful of mini chocolate chips, chopped walnuts, or flaxseed add texture and nutrition.

Use rolled oats for a chunkier texture-just pulse them slightly in a blender first.

Add 1-2 tablespoons of maple syrup or honey (if not vegan).

TIPS FOR SUCCESS

Use very ripe bananas -they're sweeter and mash smoother.

Mix by hand -no mixer needed, just a sturdy spoon or spatula.

Let cool fully for best texture (they firm up as they cool).

Make smaller cookies for snack bites, or go big and bake a few minutes longer.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/skinny-monkey-cookies-soft-chocolatey-and-naturally-sweet/>