

Healthy Cookies - No Sugar, No Flour, Just Pure Deliciousness

Healthy No-Sugar, No-Flour Cookies - Naturally Sweet, Guilt-Free Goodness



OVEN
350°F

TIME
30 min

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INGREDIENTS

- 3 ripe bananas, mashed
- 1/3 cup unsweetened applesauce
- 2 cups old-fashioned oats
- ... cup unsweetened almond milk
- ... cup raisins or chopped nuts
- 1 cup dark chocolate chunks (like Lily's stevia-sweetened)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Step 1: Preheat & Prep: Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or lightly grease.
2. Step 2: Mix the Dough: In a large bowl, combine:
3. Mashed bananas
4. Applesauce
5. Oats
6. Almond milk
7. Vanilla and cinnamon
8. Stir in chocolate chunks and raisins/nuts
9. Mix until everything is evenly combined. The batter will be thick and sticky.
10. Step 3: Scoop & Bake: Use a spoon or cookie scoop to place dough mounds on the prepared sheet. Flatten slightly with the back of the spoon. Bake for 15-20 minutes, until lightly golden and set.
11. Let cool for 5-10 minutes before enjoying!

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

Original recipe: <https://chefmaniac.com/healthy-cookies-no-sugar-no-flour-just-pure-deliciousness/>