

Guilt-Free Goodness: Easy Banana Oat Cookies (No Sugar, No Flour!)

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



OVEN
350°F

TIME
15-20 min

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INGREDIENTS

- 3 mashed bananas (the riper, the better!)
- 1/3 cup applesauce (unsweetened is best)
- 2 cups oats (rolled oats work perfectly)
- 1/4 cup almond milk
- 1/4 cup raisins or nuts (your choice!)
- 1 cup good dark chocolate chunks (Lily's brand is my favorite for no added sugar)
- 1 tsp vanilla extract
- 1 tsp cinnamon

Swaps and Notes:

Bananas: Make sure your bananas are really ripe, with plenty of brown spots. This ensures maximum natural sweetness and a good texture.

Applesauce: Unsweetened applesauce is key here to keep the "no sugar" promise.

Oats: Rolled oats give the best texture, but quick oats can be used in a pinch, though the cookies might be a bit softer.

Almond Milk: Any milk substitute will work if you don't have almond milk.

Add-ins: Feel free to get creative! Chia seeds, flax seeds, dried cranberries, or shredded coconut would also be great additions. You can even omit the chocolate chunks if you want to keep them even "healthier," but why would you?!

Dark Chocolate: Using a high-quality, sugar-free dark chocolate like Lily's keeps this recipe true to its promise.

Step-by-Step Directions:

Preheat the Oven: Set your oven to preheat at 350°F (177°C).

Prepare the Wet Ingredients: In a large mixing bowl, combine the mashed bananas and applesauce. Stir them together until they are well mixed and smooth.

Add Flavorings: To the banana and applesauce mixture, add the vanilla extract and cinnamon. Mix these in thoroughly to distribute the flavors evenly.

Incorporate the Oats: Add the oats to the bowl. Stir them into the wet mixture until they are fully incorporated and moistened.

Mix in Milk and Add-Ins: Pour the almond milk into the mixture to help moisten the oats further. Then, add your choice of raisins or nuts and the dark chocolate chunks. Stir the mixture well to ensure that all the add-ins are evenly distributed throughout the dough.

Prepare the Baking Sheet: Line a baking sheet with parchment paper or lightly grease it to prevent the cookies from sticking.

Form the Cookies: Spoon out portions of the cookie mixture onto the prepared baking sheet. You can use a spoon or a cookie scoop to make uniform cookies. These cookies won't spread much, so flatten them slightly with the back of a spoon or your hand to your desired thickness.

Bake the Cookies: Place the baking sheet in the preheated oven and bake the cookies for 15-20 minutes, or until they are firm to the touch and lightly golden brown around the edges.

Cool the Cookies: Remove the cookies from the oven and allow them to cool on the baking sheet for a few minutes. This helps them firm up. Then, transfer them to a wire rack to cool completely.

Enjoy: Once cooled, your healthy, guilt-free cookies are ready to be devoured!

Tips for Success:

Ripe Bananas are Key: Don't skimp on the ripeness! Overripe bananas are sweeter and easier to mash, providing the perfect base for these cookies.

Don't Overmix: Once the oats and add-ins are incorporated, stop mixing. Overmixing can lead to tougher cookies.

Adjust Sweetness (Optional): If your bananas aren't super ripe and you prefer a sweeter cookie, you can add a touch of maple syrup or honey, but this would deviate from the "no sugar" claim.

Storage: These cookies are best stored in an airtight container at room temperature for up to 3-4 days, or in the refrigerator for up to a week. They also freeze well!

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

Got more ripe bananas? My This Chocolate Chip
Banana Bread Is My Favorite Way to Use Up Overripe
Bananas is a classic for a reason!

DIRECTIONS

1. Let's get baking! These cookies are super straightforward:
2. Preheat the : Oven: Set your oven to preheat at 350°F (177°C).
3. Prepare the : Wet Ingredients: In a large mixing bowl, combine the mashed bananas and applesauce. Stir them together until they are well mixed and smooth.
4. Add : Flavorings: To the banana and applesauce mixture, add the vanilla extract and cinnamon. Mix these in thoroughly to distribute the flavors evenly.
5. Incorporate the : Oats: Add the oats to the bowl. Stir them into the wet mixture until they are fully incorporated and moistened.
6. Mix in : Milk and Add-Ins: Pour the almond milk into the mixture to help moisten the oats further. Then, add your choice of raisins or nuts and the dark chocolate chunks. Stir the mixture well to ensure that all the add-ins are evenly distributed throughout the dough.
7. Prepare the : Baking Sheet: Line a baking sheet with parchment paper or lightly grease it to prevent the cookies from sticking.
8. Form the : Cookies: Spoon out portions of the cookie mixture onto the prepared baking sheet. You can use a spoon or a cookie scoop to make uniform cookies. These cookies won't spread much, so flatten them slightly with the back of a spoon or your hand to your desired thickness.
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brown around the edges.

10. **Cool the : Cookies:** Remove the cookies from the oven and allow them to cool on the baking sheet for a few minutes. This helps them firm up. Then, transfer them to a wire rack to cool completely.
11. **Enjoy:** Once cooled, your healthy, guilt-free cookies are ready to be devoured!
12. **Tips for Success: Ripe Bananas are Key:** Don't skimp on the ripeness! Overripe bananas are sweeter and easier to mash, providing the perfect base for these cookies.
13. **Don't : Overmix:** Once the oats and add-ins are incorporated, stop mixing. Overmixing can lead to tougher cookies.
14. **Adjust : Sweetness (Optional):** If your bananas aren't super ripe and you prefer a sweeter cookie, you can add a touch of maple syrup or honey, but this would deviate from the "no sugar" claim.
15. **Storage:** These cookies are best stored in an airtight container at room temperature for up to 3-4 days, or in the refrigerator for up to a week. They also freeze well!
16. **Serving Suggestions and Pairings:** These healthy cookies are versatile! Enjoy them with your morning coffee or tea, pack them in lunchboxes, or have them as a satisfying post-workout snack. They pair wonderfully with a tall glass of almond milk or a refreshing smoothie. For other healthy breakfast or snack ideas, you might enjoy my [These 3 Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver](#) or my [These No-Bake Peanut Butter Oatmeal Bars Are My Favorite Snack to Keep on Hand](#).
17. **Storage and Leftover Tips:** Store these cookies in an airtight container at room temperature for up to 3-4 days. For longer storage, they can be kept in the refrigerator for up to a week. These cookies also freeze beautifully! Simply place them in a freezer-safe bag or container with parchment paper between layers to prevent sticking. Thaw at room temperature or warm gently in the microwave.
18. **More Recipes You Will Love:** If you're a fan of healthier baked goods that don't compromise on flavor, be sure to check out some of my other favorite recipes:
19. Got more ripe bananas? My [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#) is a classic for a reason!
20. For another wholesome oat-based treat, give [These No-Bake Peanut Butter Oatmeal Bars Are My Favorite Snack to Keep on Hand](#) a try.
21. If you're looking for a slightly more indulgent (but still amazing) treat, check out [These Chocolate Chip Cookie Dough Brownie Bombs Are My Favorite Sweet Obsession](#) or [The Best Peanut Butter Brownies I've Ever Made \(And I've Made a Lot!\)](#).
22. **Final Thoughts:** These healthy, no-sugar, no-flour cookies are a testament to the fact that eating well doesn't mean sacrificing deliciousness. They're incredibly satisfying and perfect for curbing those sweet cravings the smart way. Give them a try, and let me know what you think!

23. What are your favorite healthy swaps in baking? Share your ideas in the comments below, and don't forget to follow Chef Maniac for more wholesome and tasty recipes!

SWAPS & NOTES

And let me tell you, these healthy cookies are an absolute game-changer.

They're soft, chewy, packed with flavor, and best of all, they're made without a speck of added sugar or flour!

You won't believe how satisfying they are.

Why I Love This Recipe What's not to love about a cookie that's genuinely good for you?

TIPS FOR SUCCESS

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Don't Overmix: Once the oats and add-ins are incorporated, stop mixing.

Overmixing can lead to tougher cookies.

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

Original recipe: <https://chefmaniac.com/guilt-free-goodness-easy-banana-oat-cookies-no-sugar-no-flour/>