

Soft & Chewy Healthy Banana Cookies: A Natural Sugar-Free Recipe

Healthier Banana Chocolate Chip Cookie



OVEN
350°F

TIME
20 min

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INGREDIENTS

- 3 Ripe Bananas: The spottier, the better! They provide the moisture and the sugar.
- 1/3 Cup Unsweetened Applesauce: This acts as a fat replacement to keep them moist.
- 2 Cups Rolled Oats: Use old-fashioned oats for the best texture.
- 1/4 Cup Almond Milk: Or any milk of your choice.
- 1/4 Cup Raisins or Chopped Nuts: Walnuts or pecans work beautifully.
- 1 Cup Dark Chocolate Chunks: Look for high cacao percentages for better health benefits.
- 1 tsp Vanilla Extract: For that classic bakery aroma.
- 1 tsp Ground Cinnamon: Adds warmth and depth.

DIRECTIONS

1. Preheat and : Prep: Start by preheating your oven to 350°F (175°C). Line a large baking sheet with parchment paper or a silicone baking mat to prevent sticking.
2. Mash the : Bananas: In a large mixing bowl, peel the three bananas and mash them thoroughly with a fork or potato masher until they reach a smooth, pudding-like consistency.
3. Mix : Wet Ingredients: Stir in the applesauce, almond milk, and vanilla extract. Whisk until well combined.
4. Incorporate : Dry Ingredients: Add the oats and cinnamon. Use a spatula to fold the oats into the wet mixture until every flake is coated.
5. The : Mix-Ins: Gently fold in your chocolate chunks and your choice of raisins or nuts.
6. Scoop and : Shape: Using a cookie scoop or a large spoon, drop mounds of dough onto the prepared baking sheet. Note: These cookies do not spread much during baking, so press them down slightly with the back of a spoon to your desired thickness.
7. Bake: Slide them into the oven for 15-20 minutes. They are done when they feel firm to the touch and the bottoms are lightly golden.
8. Cool: Let them cool on the pan for 5 minutes before transferring to a wire rack.

SWAPS & NOTES

The Oats: If you prefer a smoother texture, you can pulse the oats in a blender for 5 seconds before adding.

If you are gluten-sensitive, ensure your oats are certified GF.

The Milk: Any plant-based milk (soy, oat, cashew) or dairy milk works here.

The Chocolate: If you are strictly avoiding all sugar, use cacao nibs or sugar-free chocolate chips.

TIPS FOR SUCCESS

Don't Rush the Mash: The smoother the bananas, the more uniform the sweetness in every bite.

Texture Control: If the "dough" feels too wet, add another 1/4 cup of oats.

The moisture content of bananas can vary by size.

Parchment is Key: Because there is no oil or butter, these can stick to a bare pan.

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

Original recipe: <https://chefmaniac.com/soft-chewy-healthy-banana-cookies-a-natural-sugar-free-recipe/>