

Banana Oatmeal Cookies

from SmoodFood.blogspot.com

2 cups oats

3/4 teaspoon baking soda

1 teaspoon cinnamon

4 medium overripe bananas

1/4 cup sunflower seeds

1/4 cup chopped dates

Preheat oven to 350°F. Line baking sheet with parchment paper.

Add oats to a strong blender and grind into a fine flour. Pour flour into mixing bowl and add baking soda and cinnamon.

Put the bananas into a blender and blend until completely smooth. Pour the bananas into the bowl with the oat flour mixture. Add sunflower seeds and chopped dates. Mixed together.

Scoop large spoonfuls onto baking sheet and bake 12 minutes. Cool on wire rack in store in airtight container in the refrigerator.