

Banana, Oat & Chocolate Chip Cookies {Just 3 Ingredients!}

Ingredients

- 2 ripe bananas, mashed
- 1 3/4 cup instant oats, dry
- 1/2 cup chocolate chips

Instructions

1. Wash hands.
2. Preheat oven to 350 degrees and line a cookie sheet with parchment paper.
3. Combine mashed bananas and oats in a bowl. Mix well.
4. Fold in chocolate chips.
5. Scoop 2 tablespoons of mixture onto the cookie sheet about 1 inch apart. These cookies will not spread.
6. Bake for 15-20 minutes, until golden on top.
7. Store in an air tight container for up to 2 days. Enjoy!



Source: www.biggerbolderbaking.com

	Calories	Carbs	Fiber	Fat	Protein	Sodium	Sugar
Per Serving:	93	16	1.5	3	2	3	7

Lentil Chocolate Chip Bars

Ingredients

- 1/3 cup lentils
- 1/4 cup avocado or additional apple sauce
- 1/4 cup brown sugar
- 1/2 cup unsweetened apple sauce
- 1 tsp vanilla extract
- 1 egg
- 1/2 cup all purpose flour
- 1/2 cup whole wheat flour
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1/2 cup chocolate chips



Instructions

1. Wash hands.
2. Preheat oven to 350 degrees and spray a square baking pan with nonstick spray.
3. Simmer lentils in water for 10-15 minutes until tender and drain extra water.
4. While lentils are simmering, mix together the rest of the ingredients in a bowl.
5. Puree lentils until smooth with 1-2 tablespoons water then add to the mixture.
6. Bake for 30 minutes or until a toothpick comes out clean.
7. Enjoy within 2-3 days.

	Calories	Carbs	Fiber	Fat	Protein	Sodium	Sugar
Per Serving:	121	20 g	1.2 g	3 g	3 g	13 mg	11 g