

## **Episode: Healthy Desserts**

### **3 INGREDIENT COOKIES**

#### **Ingredients:**

- 2 over ripe bananas
- 1 to 1 ½ oats
- 1/3 cup dark chocolate chips

#### **Directions:**

Preheat oven to 375°. Mash the over ripened bananas until fairly smooth. Add the oats and dark chocolate chips. Mix well. Roll up the cookie dough into small balls and place onto a non-stick pan and cook in the oven for 10-15 minutes.

*Makes 8 – 10 cookies*