



Banana Walnut Coconut Cookies

Time: 30 minutes

Serves: 24

Ingredients

- 6 ripe bananas
- 3 ¼ cup (225 g) coconut flakes, shredded
- ¾ cup (105 g) walnut pieces

Directions

- Preheat oven to 350°F (180°C).
- Peel and mash bananas in a medium bowl with a potato masher or fork. Be certain that they are mashed well with only small chunks remaining.
- Add coconut and walnuts and stir everything together well.
- Line a baking tray with parchment paper or a silicone baking mat.
- Drop spoonfuls of batter onto baking tray and then shape with your fingers. (Cookies do not spread out while baking, shape them into the width and height that you want them to be.)
- Bake cookies for 20 minutes, until coconut is very lightly browned on the tips and they feel firm to touch.
- Remove from oven and allow to cool.
- Store prepared cookies in an air tight container in the refrigerator for up to 5 days.

An easy to make sweet and nutty healthy treat everyone will enjoy.