

Oatmeal Chocolate Coconut Cookies



Ingredients:

- Cooking spray
- ½ teaspoon ground cinnamon
- 2 cups medjool dates (pits removed)
- 2 bananas, extra ripe (frozen defrosted work great as well)
- ¼ cup milk (or vanilla unsweetened almond milk)
- ½ cup creamy or chunky peanut butter
- 4 tablespoons applesauce*
- 1 teaspoon pure vanilla extract
- ½ cup whole-wheat pastry flour (alternatively, use White Whole Wheat Flour)
- 1 teaspoon baking soda
- 1 cup rolled oats
- 1 cup semisweet or bittersweet or dark chocolate chips

Optional:

- ½ cup unsweetened coconut shreds/flakes
- ½ cup dried raisins can be added to or 1 cup raisins can replace the chocolate chips

Directions:

- 1) Preheat oven to 350°. Spray a cookie sheet lightly with cooking spray.
- 2) In a large food processor, add the dates and bananas. Process until mixture is a smooth paste, 1-2 minutes.
- 3) Add applesauce and milk and pulse until combined.
- 4) Next, add your peanut butter, cinnamon and vanilla extract, pulse until combined.
- 5) Add the flour, baking soda, pulse until just combined. Scrap the sides of the bowl down if necessary.

- 6) Add the oats, shredded coconut and chocolate chips and pulse a few times just until combined. Make sure you don't pulse the mixture too much, otherwise, the oats and coconut will be turned into more of a flour and they will lose their texture.
- 7) Use a cookie spoon (or regular spoon) to easily place cookies about ½ inch apart on the cookie sheet. The size does not matter, as long as they are the same size so they take the same amount of time to cook. Larger cookies will take longer.
- 8) These cookies do not spread, therefore, use your spoon to flatten them down a bit until they are the form of a cookie instead of a ball. For 1.5 inch wide cookies, bake 12-15 minutes, until lightly browned and middle is no longer raw (the middle will still look soft). Cool on the cookie sheet 1 minute, then remove to a serving plate to prevent them from continuing to cook.

*You can buy unsweetened applesauce, I usually make my own. Take a medium apple, peel it, cut it into slices, add to a food processor with ¼ cup milk and process until smooth, you may have to scrap the sides of the bowl down with a spatula and mix once again to obtain a smooth texture. Use this in your recipe, omitting the ¼ cup of milk in the recipe. I do this first, then add the bananas and dates into the food processor bowl with the applesauce.

Equipment Needed:

Food processor or Ninja (bowl attachment)
1-2 Cookie sheets
Large spoon
Spatula
Measuring cups
Cookie spoon
Serving Plate