

Tweet Treat Cookie Recipe:

# Maple Oat Glow Cookies



## Ingredients

- 1 ripe banana, mashed
- 1 cup rolled oats
- ¼ cup natural almond butter (or any nut butter)
- ½ tsp cinnamon
- ¼ cup dark chocolate chips or raisins
- Pinch of sea salt
- 2 tbsp maple syrup

## Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment.
2. In a bowl, mix all ingredients until combined.
3. Drop spoonful's onto baking sheet and gently flatten.
4. Bake for 10–12 minutes or until lightly golden. 5. Let cool & enjoy mindfully!

*xo, Coach Jo*