

“Healthy” Banana Chocolate Chip Biscuits



This recipe was given to me by a dietitian colleague so I call them “Lauren biscuits” in honour of her.

Preheat oven to 200 C

Ingredients

1 ¼ cups wholemeal flour

1 cup rolled oats

2 tablespoons chia seeds

1 teaspoon baking powder

¼ cup brown sugar

1/3 cup olive oil

2 over ripe bananas mashed

1 teaspoon vanilla

120 g dark chocolate, chopped or small choc buttons

Method

Combine all the dry ingredients in a large bowl.

Blend all the wet ingredients in a small bowl.

Stir the wet ingredients into the dry ingredients.

Fold through the chocolate.

Roll the dough into tablespoon size balls, flatten on a tray lined with baking paper.

Bake for 14 minutes or until golden.

Enjoy