Activity Share: **3 Ingredient Banana Cookies**

Age group: **Toddler/Preschool**

**Benefits of Cooking with Children**

Cooking activities promote eye-hand coordination (pouring), early math skills (measuring), literacy skills (reading a recipe), gross motor skills (stirring), and introduction to textures and flavors, healthy eating habits.

Allow your child to be a part of the process by having them pour or mix the ingredients. Put the bananas in a ziploc bag and allow your child to mash or introduce them to a potato masher and allow them to use a masher and bowl.

**3 Ingredient Banana Cookies**

You will need:
- 2 ripe bananas
- ½ cup of whole oats (quick oats or rolled oats)
- ½ cup oat flour (you can put a half a cup of oats in a blender until it looks like flour consistency)
- A pinch of cinnamon

Mix all ingredients together and place spoonfuls on a sheet pan. Bake for 10-12 minutes at 350 degrees.

For the full recipe and other variations, [click here](#).