

## 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.

Recipe from [MJ & Hungry Man](#)



### **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](#).**