



## No Added Sugar Banana Oatmeal Spice Cookies

*(Wholesome enough for breakfast. Tasty enough to feel like dessert.)*

These delicious oatmeal banana spice cookies are sweetened only with ripe bananas—no sugar, no maple syrup, no weird substitutes. Just real food that loves your body back.

They're perfect for breakfast on the go, especially slightly warm with a cup of black coffee or tea. I also love them as an afternoon pick-me-up when I want something comforting but still clean. Packed with oats, almond meal, warming spices, and a touch of almond butter, these cookies are satisfying, naturally sweet, and totally free of added sugar.

These cookies are 100% gluten-free, and free of added sugar or artificial ingredients. And if you're eating plant-based, no problem—there's a vegan swap below that works beautifully.

### Ingredients

- 3 ripe bananas, mashed
- 2 TB almond butter
- 2 cups no gluten oats (not quick oats)
- ½ cup almond meal or almond flour
- 1 tsp baking soda
- 1 egg, beaten *\*(see Cook's Note for vegan option)*
- 1 tsp vanilla powder
- 1 TB ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp ground allspice
- ¼ tsp dried orange peel
- ½ cup chopped pecans

### Instructions

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a medium bowl, mash bananas with a fork.
3. In a large mixing bowl, combine oats, almond meal, vanilla powder, cinnamon, nutmeg, cloves, allspice, orange peel, and baking soda.
4. In a small bowl, whisk the egg. Add to the dry ingredients and mix well. If using the vegan substitute noted below, add the flax mixture now as well.
5. Add mashed bananas and almond butter to the bowl and stir until everything is well combined.
6. Fold in chopped pecans.

7. The dough will be soft and sticky. Use your hands (wet your hands if too sticky) to form 15–16 small balls, place them on the prepared baking sheet, and gently flatten each one into a thick disc.
8. Bake for 15–17 minutes, or until the cookies are slightly browned and hold their shape. Let cool on the baking sheet for 5 minutes before transferring to a wire rack or plate.

#### Variations

- Add ½ cup unsweetened raisins or dried cranberries
- Mix in no-sugar-added dark chocolate chunks
- Swap pecans for sunflower seeds (shelled)
- Or leave the extras out and enjoy them just as they are

Add any mix-ins at the same time you add the pecans—or swap them out altogether depending on your preferences.

#### Cook's Note (Vegan Option)

To make this recipe egg-free, simply replace the egg with 1 TB ground flax seeds + 1 TB water. Add the flax to the dry ingredients and the water to the wet ingredients. Works like a charm.

These cookies store well in the fridge for up to 5 days and can also be frozen for about a month for longer-term snacking (but they probably won't last that long).

Want to learn more about why I choose almond butter over peanut butter? Check out my blog post titled [How Almond Butter Helped Me Ditch My Cholesterol Meds](#).

Bon Appetit!