



Wholesome
Cookies
Brighter Days
♡

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: BANANA OAT CHOCOLATE CHIP COOKIES

 SOFT • CHEWY • WHOLESOME • DELICIOUS 

Naturally sweet, soft and chewy cookies made with ripe bananas, wholesome oats, and dark chocolate chips. A feel-good treat that's easy to make, delicious to share, and perfect for any time of day! 

MAKES 12 COOKIES • PREP 10 MIN • BAKE 12 MIN

INGREDIENTS:

- 2 ripe bananas, mashed
- 1 1/2 cups rolled oats
- 1/3 cup almond butter (or peanut butter)
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp sea salt
- 1/2 tsp baking powder
- 1/2 cup dark chocolate chips
- 1/4 cup chopped walnuts (optional)
- 1/4 cup shredded coconut (optional)

HOW TO MAKE:

- 1 Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, mash the ripe bananas.
- 3 Add almond butter, honey, vanilla, cinnamon, salt and baking powder. Mix well.
- 4 Stir in rolled oats, chocolate chips and any optional ingredients.
- 5 Scoop tablespoon-sized portions onto the baking sheet and gently flatten.
- 6 Bake for 10–12 minutes, until golden brown. Let cool and enjoy!



Simple ingredients.
Beautiful herbal moments.  for up to 5 days.



TINY HERBAL TIP •
Oats and bananas may help support stable energy and a happy mood.

Store in an airtight container for up to 5 days.

FOLLOW & CONNECT!



@EverythingHerbalByCherylJabz

Sharing herbal knowledge, recipes & natural living to help you thrive — naturally! 

www.EverythingHerbalByCherylJabz.com

HERBAL BENEFITS:



BANANA MOOD BOOSTER

Bananas are rich in potassium and vitamin B6, which may help support mood, reduce stress and promote a sense of well-being.



OATS HEART HEALTH

Oats provide fiber and complex carbohydrates that may help support heart health, steady energy and healthy digestion.



DARK CHOCOLATE ANTIOXIDANTS

Dark chocolate is rich in antioxidants that may help support brain health, heart health and a positive mood.



NUTS NATURAL NUTRITION

Walnuts provide healthy fats, plant protein and key nutrients that may support brain function and overall wellness.



BETTER CHOICES

Made with wholesome, natural ingredients for a treat that satisfies your sweet cravings the healthy way.

**DOWNLOAD
THIS PAGE**

Print • Save • Share 



Thank you for being
part of this herbal
wellness journey! 