These 3-ingredient banana bread cookies have all the flavors of traditional bread but in a quarter of the time! They’re soft, fluffy and so delicious. Chocolate chips or walnuts would be a great add-in!

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Ingredients

- 1 cup (233 g) mashed bananas
- 1/2 cup (126 g) whole milk vanilla Greek yogurt
- 1 1/4 cups (164 g) self-rising flour see note before starting

Instructions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Add mashed bananas and yogurt to a mixing bowl and stir with a spatula until evenly combined.
3. Add the self-rising flour and gently stir together until flour is fully incorporated. If using chocolate chips or other add-ins, stir them in until evenly mixed. Your dough will be very wet.
4. Using a 3 tbsp cookie scoop, scoop dough and release onto the prepared baking sheet, spacing about 1.5 inches to 2 inches apart. The dough should be thick enough that it doesn’t spread once it is placed onto the baking sheet. If some of the dough mounds aren’t perfectly round circles, you can use the back of the spoon to shape the cookies a little so that they are round. If desired, you can top with more chocolate chips.
5. Bake cookies for 20-22 minutes or until lightly browned on top. Let cookies cool a little before eating.

Notes

Self-rising flour amount: There are 2 main kinds of self-rising flour sold in the US. One that is a lower protein flour (2 grams per 1/4 cup serving) and one that has a regular amount of protein (3 grams per 1/4 cup). Brands like King Arthur Flour and White Lily make the low protein flour. Brands like Gold Medal* and Amazon Fresh* contain a regular protein amount. The amount of protein affects how much liquid is absorbed. For this recipe, I tested it with Amazon Fresh self-rising flour (regular amount of protein). If you have a self-rising flour with low protein, I recommend you make the homemade self-rising flour below for this recipe because otherwise your dough will be too wet.

Homemade self-rising flour: To make your own self-rising flour, add 1 and 1/4 cups all purpose flour, 1 and 7/8 teaspoons baking powder and 5/16 tsp salt to a large mixing bowl. Whisk until evenly combined. Make sure your all purpose flour contains a regular amount of protein (3 grams per 1/4 cup).

Don’t have a 1/16 teaspoon? You can also measure these amounts: Combine 1 and 1/2 cups all purpose flour, 2 and 1/4 teaspoons baking powder and 3/8 tsp salt. Whisk until thoroughly and evenly combined. Measure out 1 1/4 cups for the recipe.

Add-ins amount: If you want to mix in chocolate chips, walnuts or other add-ins, I recommend adding 1/2 cup. I used Ghiradelli dark chocolate chips.

Yogurt: Make sure you use Greek yogurt and I highly recommend that it is whole milk Greek yogurt because a nonfat Greek yogurt makes the cookies a little too chewy. You also want to use a sweetened Greek yogurt. You can also use yogurt that isn’t Greek as long as it is similarly thick like Greek yogurt. For example, Noosa makes a very thick yogurt that has a similar thickness to Greek yogurt. This recipe will also work with dairy-free yogurts if they have a similar thickness to Greek yogurt.

These cookies are not meant to be super sweet as they are supposed to be a healthier cookie you can even eat for breakfast. The cookies also have a soft and bread-like texture which is why they are called banana bread cookies.

Estimated nutrition is calculated without any optional add-ins.

Nutrition

Serving: 1cookie, Calories: 75kcal, Carbohydrates: 16g, Protein: 2g, Fat: 1g, Saturated Fat: 0.3g, Sodium: 162mg, Fiber: 1g, Sugar: 3g, NET CARBS: 15