

3 Ingredient Biscuits



Serves	12
Prep time	10 minutes
Cook time	15 minutes
Total time	25 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , Dairy / Lactose Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 2 very ripe bananas (mashed)
- 1 cup rolled oats
- 1 tablespoon maple syrup

Directions

1. Preheat the oven to 180°C and line a tray with baking paper.
2. Combine all the ingredients in a bowl. Using a tablespoon scoop out portions of the mix and roll into balls.
3. Place on the prepared tray and flatten slightly.
4. Bake for approximately 15 minutes or until firm.



Note

Very High Amines, Low Salicylates, Low Glutamates