

Breakfast Cookies

GF, TN, V

Ingredients

PREP TIME
10 min

COOK TIME
17 min

TOTAL TIME
27 min

SERVINGS
26 cookies

2	med. ripe bananas
2	flax eggs (2 tbsp flaxseed + 5 tbsp water)
1/2 cup	natural, salted peanut butter
2 tbsp	refined coconut oil, melted (or sub canola oil)
1 tsp	pure vanilla extract
3 tbsp	agave nectar (or sub maple syrup, or honey if not vegan)
1 1/2 cup	gluten free rolled oats
1/2 cup	oat flour (ground from GF oats)
1/2 cup	almond meal (ground from raw almonds)
1/2 tsp	baking powder
1/2 tsp	baking soda
1 pinch	sea salt (add more or less depending on PB saltiness)
3 tbsp	walnuts, lightly crushed (or sub other nut)
1/2 cup	semisweet or dark chocolate chips (non-dairy if vegan)

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl combine flax seed and water. Let rest for 5 minutes to achieve “eggy” texture.
3. Mash in the bananas until well combined. Add peanut butter, baking powder, baking soda, melted coconut oil, agave nectar, salt, & vanilla, and stir.
4. Add oats, almond meal, & oat flour and mix well.
5. Add chocolate chips & walnuts and stir until well combined. Refrigerate for 5 minutes to harden.
6. Drop cookies by spoonfuls on a lightly greased baking sheet – they won’t expand much. Also make them as uniform in size as possible to ensure even baking.
7. Bake for 15-17 minutes or until the cookies are slightly golden brown.
8. Let rest on baking sheet for a few minutes before transferring to a cooling rack. After completely cooled, store in an air-tight container to keep fresh for up to a few days. Refrigerate or freeze for even longer storage time.

Nutrition Per serving

119	calories
6.5 g	Fat
44 mg	Sodium
12.6 mg	Carbohydrates
2.5 g	Fiber
5.5 g	Sugar
2.8 g	Protein