

# BANANA OAT BREAKFAST COOKIES RECIPE

## Ingredients:

- ¼ cup canola oil or room temperature butter
- ¼ cup water
- ½ cup unsweetened applesauce (or 2 eggs)
- 3 ripe bananas
- 1 teaspoon ground cinnamon
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup large flake or quick oats
- ¼ cup chia seeds\*
- ¼ cup hemp hearts\*



\*You can alternate these ingredients with ones of your choice that are safe in your household.

## Directions:

1. Preheat oven to 350 degrees, line a baking sheet with parchment paper.
2. In a small bowl mash up the bananas, then add the butter or oil and applesauce. Mix together until creamy. I use a hand mixer, but you can also save a step and put all 3 ingredients in a blender.
3. In another, larger bowl mix all the dry ingredients together. I like to use a whisk to make sure they are combined well.
4. Pour the wet ingredients into the dry ingredients. Mix well until everything is combined.
5. Drop spoonfuls onto the parchment. You can use a teaspoon or tablespoon, but they will spread out a bit so leave a few inches between each cookie. I like to use an ice cream scoop for muffins and cookies as it gives a uniform size.
6. Bake for 15 - 25 minutes, it will depend on their size and the ingredients. They will brown a little and change shape so you'll know when they are done. They will still look moist.
7. Let them cool for 10 minutes before transferring to a cooling rack.
8. If you use applesauce and oil instead of eggs and butter these are vegan. They are great for breakfast but also to pack in a school lunch. Because of the applesauce they tend to stick together so be aware of that before storing them. They don't harden like other cookies, they are basically a muffin top.
9. If you make 40 cookies with oil and applesauce their nutritional breakdown per cookie is: 68 calories, 9g carbs, 1.2g fibre, 1.4g sugar, 1.5g fat, 1.37g protein, 15 µg folate, 1mg vitamin C.