



Noreen's Kitchen

Back To School

Breakfast Cookies

Ingredients

1 cup mashed banana	1/2 cup protein powder* (see note below)
1 cup peanut butter or nut butter	2 teaspoons ground cinnamon
1/2 cup honey**	1 teaspoon baking soda
1/2 cup pure maple syrup	1 cup dried fruit such as
1/2 cup coconut oil, liquified	cranberries
3 cups rolled oats	cherries
1 cup whole wheat flour or gluten free flour	dates or raisins
1/2 cup ground flax seed	1 cup chopped nuts such as
1/4 cup sunflower seeds	almonds
1/4 cup hemp seed	pecans or walnuts (optional)

Step by Step Instructions

Preheat the oven to 350 °F.

In a large bowl, stir together the banana, peanut butter, honey, maple syrup and vanilla.

In a small bowl, combine the oats, flour, flax seed, sunflower and hemp seeds, whey protein powder, cinnamon, and baking soda.

Stir dry mixture into wet mixture until combined. Stir in dried fruit and nuts.

Drop dough onto cookie sheets that have been lined with parchment or a silicone mat.

Using a metal spatula dipped in water, press each mound of dough into a cookie approximately 2 1/2 inches in diameter and 1/2 an inch thick.

Bake, one sheet at a time, for 13 t 15 minutes or until lightly browned.

Remove from oven and allow to cool on the pan for five minutes before transferring to a wire rack to cool completely.

Store in an airtight container or zip top bag for up to 5 days. These can be stored in the fridge if you live in a super warm area. This will prolong their freshness. You can also freeze for up to 2 months. Thaw on counter before serving.

*NOTE: If you don't have protein powder you can increase the flour by 1/2 cup

** NOTE: If you wish for these cookies to be vegan, sub out the honey for molasses, agave or golden syrup.