



Superfood Breakfast Cookies

Author: Liliya **Prep Time:** 10 minutes **Cook Time:** 16 minutes

Total Time: 26 minutes **Yield:** 9 cookies **Category:** Breakfast

Method: Baking **Cuisine:** American **Diet:** Gluten Free

DESCRIPTION

Chewy, hearty **breakfast cookies** made with oats, seeds, and dried fruit. Naturally gluten free and dairy free, packed with superfoods for lasting energy.

INGREDIENTS

UNITS **US** **M** SCALE **1X** **2X** **3X**

- 1 cup old fashioned rolled oats, use certified gluten free if needed
- 1/2 cup oat flour
- 1/2 cup dried cranberries, raisins, or other dried fruit
- 1/2 cup unsalted pumpkin seeds (pepitas) or nuts
- 1/4 cup ground flaxseed
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 large mashed banana or 1/2 cup unsweetened applesauce
- 3 tablespoons melted coconut oil or butter
- 3 tablespoons coconut nectar, honey, or maple syrup
- 2 tablespoons almond milk or milk of choice

INSTRUCTIONS

- 1 Preheat oven to 325 F. Line a baking sheet with parchment.
- 2 In a large bowl mix oats, oat flour, dried fruit, seeds, flaxseed, chia seeds, cinnamon, baking powder, and salt.
- 3 Add mashed banana or applesauce, melted coconut oil, sweetener, and almond milk. Stir until combined.
- 4 Let dough rest 4 to 5 minutes so chia and flax can thicken the mixture.
- 5 Scoop scant 1/4 cup portions onto the baking sheet. Flatten slightly.
- 6 Bake 15 to 18 minutes until edges are golden and cookies are firm.
- 7 Cool on sheet for 5 minutes then transfer to a rack. Makes 8–9 cookies.

NOTES

- i For sweeter cookies, add a handful of chocolate chips.
- i Swap banana for applesauce for a milder flavor.
- i Store airtight at room temp 2-3 days, in the fridge 1 week, or freeze up to 2 months.
- i Nutrition is estimated per cookie when recipe makes 9.

NUTRITION

Serving Size: 1 cookie **Calories:** 175 kcal **Sugar:** 8g **Sodium:** 60mg **Fat:** 9g
Saturated Fat: 3g **Unsaturated Fat:** 6g **Trans Fat:** 0g **Carbohydrates:** 21g **Fiber:** 4g
Protein: 5g **Cholesterol:** 0mg

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