



Almond & Oat Breakfast Cookies

12 servings

20 minutes

Ingredients

- 1 Banana (mashed)
- 1 Egg
- 1/2 cup Almond Butter (runny)
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1 1/2 cups Oats (rolled)
- 1 tsp Baking Powder
- 1/4 cup Hemp Seeds
- 2 tbsps Chia Seeds
- 1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add the banana, egg(s), almond butter, maple syrup, and vanilla to a large bowl. Whisk until well combined.
- 3 Add the oats, baking powder, hemp seeds, chia seeds, and salt. Mix with a spatula until combined.
- 4 Using clean and slightly damp hands, or a cookie scoop, form the dough into large cookies, about two tablespoons per cookie. Place on the baking sheet. Bake in the oven for 14 minutes, or until cookies are golden brown.
- 5 Allow them to cool on the baking sheet for five minutes before moving them to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

Serving Size: One serving is one cookie.

Make it Vegan: Replace the egg with a flax egg.

More Flavor: Add cinnamon.

Cookie Scoop: Using a medium-sized cookie scoop, or a small ice cream scoop, is easier to work with sticky dough.