

Breakfast Cookies

MAKES 10 COOKIES

1 c. (3 medium) mashed ripe bananas
1/3 c. apple sauce
1/4 c. milk
1 t. vanilla
1/2 - 1 T. pure maple syrup
1 T. cinnamon
2 c. old fashioned oats
2 T. ground flax seed (optional)
1/2 c. raisins or dried cherries
1/4 c. mix-in of your choice (chopped nuts, seeds, additional dried fruit, chocolate chips, etc)

1. Preheat oven to 350°.
2. Line a sheet pan with parchment paper or a silicone baking mat.
3. In a large bowl, mix the mashed bananas, apple sauce, milk, vanilla, maple syrup, and cinnamon.
4. Add the oats and ground flax seed (if using).
5. Once mixed, add in the raisins or dried cherries and the mix-in of your choice.
6. Use a 1/4 c. scoop to scoop the cookies onto the sheet pan. Flatten the cookies so they are about 3/4" thick.
7. Bake for 15-17 minutes.
8. Cool cookies on the sheet pan for 5 minutes, then transfer to a wire rack to cool completely.
9. Store cookies in an airtight container in the refrigerator.

Recipe Notes:

- For convenience, a 3 oz. pouch of apple sauce is equivalent to 1/3 cup.
- Use 1/2 - 1 T. of pure maple syrup, depending on the level of sweetness you'd like.
- To freeze, place cookies in an airtight container. Separate layers with parchment paper, so cookies don't stick together.