

Another Healthy Recipe from



Breakfast Cookies

Enjoy this gluten free treat as a great on-the-go breakfast or a tasty dessert!

INGREDIENTS

1 1/2 C Old fashion oats
1C unsweetened coconut flakes
1/2 t salt 1 t cinnamon
1/2 t allspice
1/4 C flaxseed meal
1 C dried fruit (raisins, cranberries, dates)
3 mashed ripe bananas
1/4 C cooking oil
1 t vanilla

DIRECTIONS

1. Preheat oven to 325 degrees
2. Combine oats, meal and coconut
3. Stir in allspice, cinnamon and salt
4. Add fruit and stir until well mixed
5. In a separate bowl, combine oil and mashed bananas. Combine well.
6. Pour wet ingredients over dry ingredients and combine well.
7. Use 1/4 or 1/3 measuring cup to scoop mix, then, roll into a ball
8. Flatten a little and place on a cookie sheet
9. Bake 15-20 minutes or until lightly browned.
10. Cool and store in the refrigerator.

