

Another Healthy Recipe from



Chia Oatmeal Breakfast Cookies

Cookies for breakfast? Why yes! These Chia Oatmeal Breakfast Cookies from Eating Bird Food are packed with hearty and healthy ingredients that will keep you feeling full all morning. They're also made without any added sugar, dairy or eggs.

Ingredients

1½ tablespoons Chia seeds
¼ cup unsweetened vanilla almond milk
2 ripe bananas, mashed
¾ cup old fashioned oats (gluten-free if necessary)
¼ cup unsweetened shredded coconut
¼ cup chopped dates
¼ cup dark chocolate chunks or carob chips (gluten-free if necessary)
1 Tablespoon creamy almond butter (with salt)
large pinch of cinnamon

Directions

1. Preheat oven to 350F.
2. In a small bowl, stir together the chia seeds and almond milk and let the mixture sit for about 10 minutes, or until the chia seeds have created a nice gel-like consistency.
3. Pour the chia seed gel into a medium sized mixing bowl and add in the mashed bananas, oats, coconut, almond butter and cinnamon until well combined. Gently stir in the dates and chocolate chunks.
4. Scoop out a generous tablespoon of dough onto a baking stone or a greased cookie sheet and use a fork to press the dough down a little to make more of a cookie shape. You should get about 15 cookies.
5. Place in oven and bake for 17-20 minutes, or until the bottom of the cookies have browned a bit.
6. Take them out, let cool and enjoy.



Note: Many dark chocolate chips are gluten-free however ingredients can vary by brand. It's best to look at packaging before purchasing if you have a gluten sensitivity.