

Banana Bread Breakfast Cookies

Makes 6-8 serving

1.5 cups old-fashioned rolled oats, divided

1 cup almond flour

½ teaspoon ground cinnamon

pinch ground nutmeg

½ teaspoon baking powder

¼ teaspoon sea salt

⅔ cup very ripe banana (about 2)

1 large egg

¼ cup honey or maple syrup

2 tablespoons coconut or olive oil

1 ½ teaspoons vanilla extract

FOR THE MIX-INS:

½ cup chopped nuts (optional)

½ cup chopped dark chocolate (optional but highly recommend)

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper and lightly grease. In a large bowl add oats, almond flour, cinnamon, nutmeg, baking powder and sea salt, stir to combine. Make a well in the center, add egg, maple syrup, banana, coconut oil, and vanilla. Mash together in the center then fold in dry ingredients. Stir in chocolate chips and nuts if using. Scoop 2 tbsp of mixture onto parchment and slightly flatten out with back of spoon. Bake at 350 for 15-18 minutes until lightly browned. Transfer to a wire rack and let cool. Serving is 2-3 cookies.

These are also great as a snack or dessert.