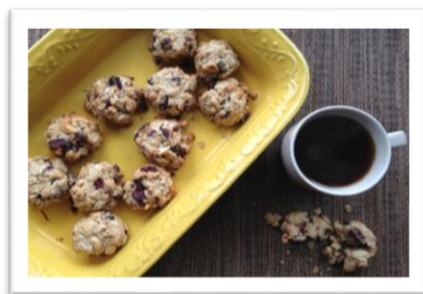


Breakfast Cookies



Developed by McKenzie Hall, RDN, and Lisa Samuels, MBA, RDN. Makes 20 cookies.

INGREDIENTS

1 ½ cup	old fashioned oats
1 cup	whole wheat pastry flour
¼ cup	almond meal
1 cup	flaked coconut
1 tsp	cinnamon
½ tsp	freshly grated nutmeg
1 tsp	baking powder
½ tsp	salt
1 cup	dried fruits of your choice, coarsely chopped (<i>we love dried tart cherries</i>)
1 cup	mixed nuts, chopped (<i>our favorite is a combination of chopped walnuts & pecans</i>)
3	ripe bananas, mashed
¼ cup	canola oil
¼ cup	unsweetened apple sauce
1 tsp	vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 F. Line two baking sheets with parchment paper and set aside.
2. Place coconut flakes on a rimmed baking sheet and toast in the oven for about 2-3 minutes until slightly browned.
3. In a medium bowl, combine oats, flour, almond meal and toasted coconut. Stir in cinnamon, nutmeg, baking powder and salt. Set aside.
4. In a second medium bowl, whisk together mashed bananas, canola oil, apple sauce and vanilla.
5. Pour wet ingredients over dry ingredients and fold together until thoroughly incorporated.
6. Add dried fruit and mixed nuts to mixture. Stir until evenly combined.
7. Spoon heaping tablespoonfuls of batter onto the prepared baking sheets. Bake for about 12 minutes, or until the edges are golden brown. Remove from the oven, allowing the cookies to cool for a few minutes before transferring to a wire rack to cool completely.