

# SUNRISE BREAKFAST COOKIES

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Busy mornings call for a fueling breakfast that helps you get the day started quickly. You might not think of cookies for a balanced breakfast, but these are no ordinary cookie. These breakfast cookies are built with real food ingredients and so are full of great nutrition to get the day started right. Oats, coconut and almond butter give these a satisfying, chewy bite.

**gluten free & vegetarian**

total prep time: 40 minutes

servings: 6 cookies

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## Ingredients

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|-------------------------------|--|
| 1 banana, mashed (1/2 cup)    | 1/2 cup + 1 tbs. vanilla whey protein powder       |
| 1/4 cup almond butter, creamy | 1/4 cup peanut butter powder                       |
| 2 tbs. maple syrup or agave   | 1-1/2 cups rolled oats                             |
| 1 tsp. vanilla extract        | 1/2 cup coconut flakes, unsweetened                |
| 1/2 tsp. cinnamon             | 1/3 cup dried cranberries, less sugar if available |
| 1/3 tsp. flaky salt           |  |

## Directions

- Heat oven to 325°F (163°C).
- Mash banana in a medium to large bowl. Mix in the almond butter, syrup, vanilla, cinnamon and salt until smooth.
- Mix in the protein powder and peanut butter powder until well combined.
- Add the oats, coconut and dried cranberries. Mix until evenly incorporated.
- Line a baking pan with parchment paper or a silpat. Spray a 1/3 measure cup with pan spray and use to portion out the batter onto the baking pan.
- Lightly press each mound down with greased fingers to form a disk about 1/3" (1cm) high. Ensure a little room remains between each cookie for even cooking. Cookies will not spread.
- Bake for 14-16 minutes, until bottom is lightly golden. Remove from the oven and let cool on a rack. Cookies will harden as they cool.
- Store covered at room temperature for up to 5 days.

**Nutrition per 1 cookie:** 278 calories 34g carbs 13g protein 11g fat 8g fiber