

BREAKFAST COOKIES

PREP 15 MIN



COOK 25 MINS

INGREDIENTS

1 cup raw almonds, toasted and finely chopped

1 cup flaked or shredded coconut, toasted

2 cups rolled oats

1 tsp ground cinnamon

2 tsp hemp hearts

2 tsp chia seeds

1 tsp Himalayan pink salt

1/2 cup dairy-free milk

1/4 cup coconut oil

1/3 cup + 2 tsp maple syrup

1 cup mashed banana

1 tbsp fresh lemon juice

2 tsp vanilla extract

1 cup dairy free chocolate chips

DIRECTIONS

Preheat oven to 350F. Parchment line 2 baking sheets and set aside.

In a large mixing bowl, combine the toasted nuts, toasted coconut, rolled oats, cinnamon, hemp hearts, chia seeds and salt. Stir to combine and set aside.

In a 4 cup, glass liquid measuring cup, add the dairy free milk, coconut oil and maple syrup and gently heat up until melted in the microwave. Add the banana, lemon juice and vanilla and blend together with a hand blender until combined.

Add the liquid ingredients to the dry ingredients and stir until combined, add the chocolate and stir until the mixture is even.

Using a large cookie scoop, place mounds of dough on the lined baking sheet. Press flat with the back of a fork- the shape won't change as it bakes.

Bake for 25 minutes or until the edges start to brown. Remove from the oven; cool completely on the baking sheet. Store in the fridge for 2 weeks or freeze for later use.

Yields 12 large or 24 small cookies