

Idiot's Kitchen Recipe – Banana Oat Breakfast Cookies

Recipe from www.idiotskitchen.com – from Sarah Carmack



Ingredients:

- 1½ cups rolled oats (not quick or instant)
- 1 cup coconut flakes (if using sweetened coconut, use a little less agave nectar)
- ¾ cup pecans, chopped
- 1 Tablespoon flaxseed meal
- ½ teaspoon salt
- ½ cup dried fruit (raisins, dried cranberries/Craisins, dried cherries, etc. Chocolate chips optional too)
- 3 very ripe bananas, mashed
- ¼ cup coconut oil
- 1-2 Tablespoons agave nectar (see note above about coconut)
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees.

In a large bowl combine 1½ cups old fashioned rolled oats, 1 cup coconut flakes, ¾ cup chopped pecans, 1 Tablespoon flaxseed meal, and ½ teaspoon salt. Stir to combine the dry ingredients.

In a separate bowl, mash 3 very ripe bananas. Add ¼ cup coconut oil, 1-2 Tablespoons agave nectar, and 1 teaspoon vanilla. Stir to combine the wet ingredients. Note: if you are using sweetened coconut, use a 1 Tablespoon less agave nectar or to taste.

Add the wet ingredients to the dry and stir thoroughly to combine. Scoop out 2 Tablespoons of dough and roll it into a ball. Place the balls on a baking sheet lined with parchment paper. Use your fingers to lightly flatten each ball into a thick disc.

Bake at 350 degrees for 20-25 minutes or until golden brown. Cool on the baking sheets for 5 minutes for the cookies to hold their shape then transfer to a wire rack to cool completely.

Makes 16 soft, moist, chewy cookies. Store extras in an air-tight container for optimum freshness.

This recipe is Gluten Free & Vegan...and DELICIOUS!