

Oil-Free Banana Strawberry Breakfast Cookies

Source: Dustin Harder @theveganroadie

About the Recipe

71 Calories · 2 g Protein · 2 g Fiber
Breakfast

Ingredients

Makes 18 Servings

- 2 tablespoons (24 g) flax meal
- 1/4 cup (59 mL) water
- 2 1/2 cups (225 g) gluten-free rolled oats
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon sea salt
- 2 tablespoons (30 mL) maple syrup
- 2 teaspoons (10 mL) vanilla extract
- 1/2 cup (122 g) unsweetened applesauce
- 1 cup (225 g) mashed banana
- 1 cup (110 g) small-diced strawberries

Directions

1. Preheat the oven to 350 F and line a baking sheet with parchment paper.
2. Combine the flax and water in a small bowl and let sit for 5 minutes to thicken.
3. Add the oats to a blender or food processor and blend into a flour. Don't process it into a fine flour; it should be the texture of sand, a little coarse.

4. Add the processed oats, cinnamon, baking soda, cream of tartar, and salt to the bowl and whisk to combine. Add the maple syrup, vanilla extract, applesauce, banana, and flax mixture to the bowl and stir to combine. Fold in the strawberries. Be sure to mix well to get the strawberries evenly dispersed; it is a wet dough.
5. Use 2 tablespoons of dough to make 1 cookie. Lay the cookies out on the prepared baking sheet 1 inch apart from each other as you make them. Flatten them down slightly with the back of a spatula. Wet the back of the spatula with water when flattening the dough if it helps the dough not stick to the spatula.
6. Bake for 16-18 minutes until cookies are starting to brown on the bottom. Let cool on baking sheet for 10 minutes.

Nutrition Facts

Per serving

Calories: 71

Fat: 1 g

Saturated Fat: 0 g

% Calories From Fat: 13%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 14 g

Sugar: 4 g

Fiber: 2 g

Sodium: 69 mg

Calcium: 14 mg

Iron: 1 mg

Vitamin C: 7 mg

Beta-Carotene: 5 mcg

Vitamin E: 0 mg