

breakfast cookies

Makes 24-30 cookies, depending on size

RECIPE ADAPTED FROM: [Rainbow Plant Life](#)

PREP TIME: 20 minutes

COOK TIME: 15 minutes

2 Tbsp ground flaxseed meal

5 Tbsp water

2 cups rolled oats

½ cup unsweetened shredded coconut

½ tsp baking powder

½ tsp baking soda

½ tsp fine sea salt

¾ cup smooth, creamy variety of peanut, almond or cashew butter (sunbutter also works!)

½ cup pure maple syrup

1-2 Tbsp milk of choice

1½ tsp pure vanilla extract

Mix-Ins of Choice

½ cup dried fruit (I loved chopped apricots or figs)

½ cup pepitas, sunflower seeds or nuts of choice chopped

½ cup hemp seeds (also called hemp hearts)



PREPARE the flax eggs. Combine ground flaxseed meal with water. Stir and let sit for 10-15 minutes to gel together.

PREHEAT the oven to 350°F/175°C. Line two large baking sheets with parchment paper.

IN a large bowl, mix together the dry ingredients: oats, coconut, baking powder, baking soda and salt.

IN a medium bowl, mix together the wet ingredients: nut butter, maple syrup, milk, vanilla and prepared flax eggs. Whisk until smooth and thick.

POUR the wet mixture into the dry ingredients, using a silicone spatula to mix everything until the mixture resembles a cookie dough. Fold in your desired mix-ins (dried fruit, chopped nuts/seeds and/or hemp seeds) using the spatula. If the dough is too sticky to handle, refrigerate it for 10-15 minutes to firm up slightly.

USE a small ice cream scoop (to get about 30 cookies) or large spoon to scoop about 3 Tablespoons of dough onto the prepared baking sheet, spacing them about ½ inch apart - they don't really spread. Alternatively, measure out 3 Tablespoons and shape the dough into a round ball using your hands. Lightly flatten the top of each cookie with your hands.

BAKE the cookies for about 10-15 minutes, or until just starting to brown (don't over-bake). After 5 minutes, use a spatula to carefully transfer them to a cooling rack.

STORE leftover cookies in an airtight container on the counter for 5 to 7 days, or in the freezer for up to 3 months.