

Breakfast Cookies

<https://rainbowplantlife.com/healthy-vegan-breakfast-cookies/#wprm-recipe-container-5684>

Ingredients

- ☐ 2 tablespoons ground flaxseed meal
- ☐ 2 cups (190g) rolled oats (certified gluten-free, as needed)
- ☐ Heaping 1/2 cup (50g) unsweetened shredded coconut
- ☐ 1/2 teaspoon baking powder
- ☐ 1/2 teaspoon baking soda
- ☐ 1/2 to 1 teaspoon ground cinnamon (optional)
- ☐ 1/2 teaspoon fine sea salt
- ☐ 3/4 cup (190g) smooth, creamy variety of almond butter (can sub cashew butter) (see Note 1)
- ☐ 1/2 cup (160g) pure maple syrup
- ☐ 1 1/2 teaspoons pure vanilla extract

Mix-Ins

- ☐ 1/2 cup (~75g) dried fruit (or mini vegan chocolate chips) such as cranberries, currants, blueberries (see Note 2)
- ☐ 1/2 cup (70g) pepitas or sunflower seeds (or nuts of choice, chopped; see Note 3)
- ☐ 1/3 cup (48g) hemp seeds (also called hemp hearts)

Instructions

- Prepare the flax eggs. Combine the ground flaxseed meal with 5 tablespoons water. Stir and let sit for 10 to 15 minutes to gel together.
- Arrange a rack in the top third and in the bottom third of the oven. Preheat the oven to 350°F/175°C. Line two large sheet pans with parchment paper.
- In a large bowl, mix together the dry ingredients: oats, coconut, baking powder, baking soda, salt, and cinnamon if using.
- In a medium bowl, mix together the wet ingredients: almond butter, maple syrup, 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, seeds or chopped nuts, and 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 2-tablespoon cookie scoop, small ice cream scoop, or large spoon to scoop 35 to 40g of dough per cookie onto the prepared sheet pans (that's 2 to 2.5 tablespoons per cookie).
- Alternatively, measure the dough out with a spoon and shape into a round using your hands.
- Space them about 1/2 inch apart, 12 cookies per sheet pan (they don't really spread).
- Lightly flatten the top of each cookie with your hands, then transfer the pans to the oven. Bake the cookies for 18-20 minutes, or until the bottoms are lightly golden.
- Remove from the oven and rest for 5 minutes, then use a spatula to transfer the cookies 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.