

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Banana Oat Breakfast Cookies

Adapted from "A Few of Our Favorite Things" Vol VI

12 Servings

Nonstick cooking spray

1 large banana, mashed (1/2 cup)

1/2 cup chunky natural peanut butter (unsalted and unsweetened)

1/2 cup honey (or agave nectar)

1 tsp. vanilla

1 cup regular rolled oats (NOT quick-cooking)

1/2 cup whole wheat, or spelt, flour

1 scoop protein powder (try the Dream Protein we sell at the office)

2 tsp. ground cinnamon

1/4 tsp. baking soda

1 cup dried cranberries, raisins, or cherries (make sure they are unsweetened)

1. Preheat the oven to 350° F. Lightly coat two cookie sheets with cooking spray, or line with parchment paper; set aside. In a large bowl stir together banana, peanut butter, honey, and vanilla. In a small bowl combine oats, flour, protein powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in dried fruit.
2. Using a 1/4-cup measure, drop mounds of dough 3 inches apart on prepared baking sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2 3/4-inch round, about 1/2-inch thick.
3. Bake for 14 to 16 minutes or until browned. Transfer cookies to wire racks to cool completely. Store in an airtight container or resealable plastic bag for up to 3 days or freeze for up to 2 months; thaw before serving.