

Recipe Card



Morning Glory Breakfast Cookies

Adapted from Leah Swanson, RDN, CD at

<https://foodandnutrition.org/blogs/stone-soup/morning-glory-breakfast-cookies/>

Prep time: 10 minutes

Total time: 22 minutes

Servings: 12 cookies

Ingredients:

1 cup old fashioned rolled oats

1 cup mashed ripe banana (I used 2 medium-sized bananas)

½ cup shredded carrot

½ cup shredded apple (with peel)

¼ cup chopped pecans (or preferred nut)

¼ cup shredded unsweetened coconut

¼ cup raisins (I used dried bing cherries)

1 teaspoon cinnamon

2 tablespoons hemp seeds

Directions:

1. Preheat oven to 350° F.
2. Line baking sheet with parchment paper or use a silicone baking mat.
3. Combine all ingredients in a medium sized bowl and mix well.
4. Place scoops of cookie dough onto lined baking sheet (I used the Pampered Chef cookie scoop).
5. Bake for 12 to 14 minutes or until cookies are slightly firm to the touch but still tender.

<http://www.healthiestbest.com/quick-and-healthy-meals>