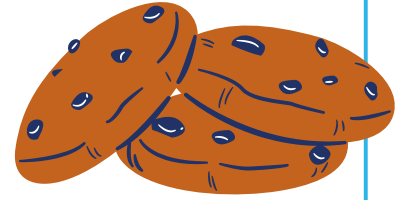


Healthy Breakfast Cookies



INGREDIENTS

- 2 1/2 cups old fashioned oats (GF if desired)
- 3/4 cups flour (GF if desired)
- 1/4 cup sugar (can sub coconut sugar or sweetener)
- 1/4 cup maple syrup (can sub honey or agave nectar)
- 1/2 cup + 1 tbsp milk (or dairy alternative)
- 1 egg
- 1 cup grated carrot
- 1 tsp vanilla
- 1 1/2 tsp cinnamon
- 1 tsp baking powder
- 1/4 tsp ginger
- 1/4 tsp nutmeg
- 1/8 tsp salt

DETAILS

Prep time: 10 min
Cook time: 15 - 17 min
Total time: 25+ min
Makes: 12 cookies

For an extra nutrition boost, you can add things like chia seeds, hemp hearts, or even protein powder to your cookies!

Nutrition information will depend on the type of sweeteners you choose to use.
1 cookie = approx 20g/carb

PROCESS

- Pre-heat oven to 350F.
- Line a baking tray with parchment paper.
- Mix all dry ingredients in a large mixing bowl (flour, oats, sugar, spices).
- Add in remaining ingredients (maple syrup, egg, milk, grated carrot) and mix until well combined.
- Using a spoon or 1/4 cup scoop, carefully scoop the batter onto the lined baking sheet.
- Carefully pat the tops of the cookies down slightly and place in oven, cooking for 15-17 minutes OR until firm.
- Remove from oven and allow to cool before enjoying!