

Treasure Barrel

Healthy Breakfast Cookies Perfect On the Go Meal

15 min Prep time	**15 min** Cook time	**30 min** Total time
18 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wet Ingredients

- [ ] 2 large very ripe bananas, mashed (about 1 cup)
- [ ] 1 large egg, lightly beaten
- [ ] 1/4 cup pure maple syrup
- [ ] 1/4 cup melted coconut oil
- [ ] 1 teaspoon pure vanilla extract

Dry Ingredients

- [ ] 1 1/2 cups old-fashioned rolled oats
- [ ] 1 cup all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1 teaspoon ground cinnamon
- [ ] 1/2 teaspoon fine sea salt

Optional Mix-ins

- [ ] 3/4 cup semi-sweet chocolate chips
- [ ] 1/2 cup chopped walnuts or pecans
- [ ] 1/2 cup raisins or dried cranberries

Instructions

1. First, let's create a warm and inviting space. Preheat your oven to 350°F (175°C) and line a large baking sheet with parchment paper. This little step makes cleanup so much easier later. In a large mixing bowl, add your mashed ripe bananas. Whisk in the lightly beaten egg, the golden maple syrup, melted coconut oil, and pure vanilla extract. Keep whisking until everything is beautifully combined and relatively smooth. It's okay to have a few small banana lumps; they add character.

2. Now it's time to build the foundation of our cookies. Add the rolled oats, all-purpose flour, baking soda, ground cinnamon, and salt directly on top of your wet ingredients. I love the way the cinnamon smells as it hits the mixture. Using a rubber spatula or a wooden spoon, gently fold the dry ingredients into the wet. Be mindful not to overmix here. Just stir until the flour streaks disappear. The dough will be delightfully thick, soft, and a little sticky.

3. This is where you make these cookies your own. Gently stir in your chosen mix-ins, like chocolate chips or chopped nuts, distributing them evenly throughout the dough. Using a medium cookie scoop or two spoons, drop rounded spoonfuls of dough (about 2 tablespoons each) onto your prepared baking sheet, leaving a little space between each one. Because this dough doesn't spread much, you'll want to gently press down on each mound with your fingertips or the back of a spoon to flatten them into a cookie shape.

4. Slide the baking sheet into your preheated oven and bake for 12 to 15 minutes. You'll know they're ready when the edges are lightly golden brown and the centers look set. They will feel soft to the touch. Let the cookies cool on the baking sheet for at least 5 minutes; this is a crucial step that allows them to firm up. Afterward, carefully transfer them to a wire rack to cool completely. Or, if you're like me, enjoy one while it's still wonderfully warm.

Nutrition per serving

145 kcal	3 g	21 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- The ripeness of your bananas is truly key. The darker and spottier they are, the more natural sweetness and moisture they will bring to the cookies, resulting in a softer texture and richer flavor.
- Be careful not to overmix the dough once you add the dry ingredients. Overmixing develops the gluten in the flour, which can lead to tough, dense cookies instead of the soft, tender ones we want.
- Feel free to experiment with spices! A pinch of nutmeg or cardamom along with the cinnamon can add a beautiful, warming depth of flavor, especially in the cooler autumn months.