

Breakfast Cookies

Makes One Dozen



Ingredients

- ¾ cup almond or oat flour
- ½ cup whole wheat flour
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- ⅓ cup canola or vegetable oil
- ⅓ cup brown sugar
- 1 egg, at room temperature
- ⅓ cup apple or pear sauce
- 1 teaspoon pure vanilla extract
- 1 cup rolled oats
- ⅓ cup raisins or dried cranberries or chopped dates or dried cherries
- ½ cup pumpkin seeds or chopped almonds/pecans/walnuts

Steps

- 1. Preheat the oven to 350°F. Line a baking sheet pan with parchment paper.
- 2. In a medium-sized bowl whisk together the flours, cinnamon, nutmeg, baking soda and kosher salt. Set aside.
- 3. In a large bowl whisk together the oil, brown sugar, egg, apple or pear sauce and vanilla extract.
- 4. Add the flour mixture to the wet ingredients and stir to combine. Add oats, dried fruit and/or nuts. Mix again until everything is incorporated.
- 5. Using a medium scoop, portion out batter (about 2-3 tablespoons worth) on the prepared baking sheet pan. Wet your fingers and flatten down the balls of dough before placing the pan in the oven.
- 6. Bake for 10 - 13 minutes, or until they just begin to turn golden brown around the edges. Remove and allow to fully cool.