BANANA OATMEAL Breakfast Cookies

Banana Oatmeal Breakfast Cookies

▶ **CLICK TO VIEW & PRINT RECIPE PDF**

MOLBECK'S
Health & Spice Shop

"It's finals week for me. Every semester during this time, I stock up on food and snacks that I know are going to get me through all my studying without any sugar crashes. I took a much needed break from studying for my Business Law final to make these. I wanted something sweet, but not something that was going to give me a sugar rush and cause me to crash in an hour. Not very helpful when trying to memorize the Statute of Frauds.

I love these because I can eat them with my coffee at the library in the morning and not feel bad about having cookies for breakfast. I actually feel a bit rebellious, doing things my mother never let me do as a child. Jokes. These are way healthier than most children's breakfast cereals. Plus, with the added protein, these will keep you going way longer than any other cookie, perfect when spending hours at the library studying for final exams."

- Ava Koziak

Ingredients:

3 ripe Bananas
2 c. Oats*
1/4 c. Peanut Butter*
1 - 2 scoops Protein Powder, chocolate or vanilla*
2 tsp. Honey*

Directions:

1. Preheat oven to 350 degrees Fahrenheit.

2. In a medium sized mixing bowl, mash the three bananas. Add peanut butter and with a whisk or an electric mixer, beat for a few minutes until smooth and you cannot see banana lumps.

3. Add oats and protein powder and mix well. Add honey and mix.

*available at Molbeck's

4. Drop by rounded spoonful onto a nonstick cookie sheet. Place in oven and bake for about 8-13 minutes or until they feel firm. They are not going to brown like a chocolate chip cookie would.

5. Remove and let cool for a few minutes before removing with a spatula.

Possible add-ins: dried fruits like goji berries, blueberries, dried cherries, etc. or nuts, pumpkin or sunflower seeds, chocolate or carob chips…just about anything you can think of.

Also, If you are out of protein powder, you can substitute almond meal (ground almonds), ground flaxseed, dried skim milk (plus stevia/cocoa), or even hot chocolate powder.

http://www.thebuttercream.com/2013/05/banana-oatmeal-breakfast-cookies.html?m=1