

Breakfast Cookies

Adapted from a recipe by Danielle Walker

Breakfast Cookies freeze well and are a staple to have around for a light meal (2 cookies) or a light snack (1 cookie).

This is like a little sneak preview of what is in the recipe chapter of my new book, *Toolkit for Wellness!*

This is a large recipe that makes about 27 cookies using two large parchment covered cookie sheets. I use an 11-cup food processor to mix most of this, followed by a final stirring using a large bowl to incorporate the two batches of ingredients.

In a food processor, place the following ingredients and pulse 2-3 times for 15 seconds each. Pulse until dates are in very small pieces and bananas are smooth:

1 Tbsp. lemon juice

3 large, ripe bananas broken into chunks

7 medium-sized dates /or/ 5 large Medjool dates, soaked in warm water for 15 minutes and drained

2 Tbsp. ghee /or/ palm shortening

1 cup unsweetened applesauce */OR/ replace with pumpkin puree*

Pour the majority of this mixture into a large bowl. Scraping is not needed. Then place the following ingredients into the processor bowl and pulse for 5-6 bursts until incorporated:

1 cup of hazelnut /or/ almond flour* - *This time, I used 2/3 cup almond and 1/3 cup coconut flour*

1/4 cup ground flax seed

1/4 cup hemp seed hearts

1/4 cup Great Lakes gelatin

3 tsp. cinnamon */OR/ replace with pumpkin pie spice*

2 tsp. vanilla extract

2 tsp. baking soda

Add the following to the nut flour mixture and pulse 3-4 bursts until incorporated:

1 cup unsweetened coconut flakes

1/2 cup dried fruit of choice usually a berry */OR/ golden raisins*

Add contents of food processor to those in the large bowl and hand mix using a large wooden spoon or spatula until well-combined. The batter is a bit wet, but should hold its shape well. If it seems too wet, add some more nut flour.

Using a golf ball-sized cookie scoop, form dough and place onto parchment paper-covered cookie sheets.

Using damp fingers, gently press each on down a bit.

Bake at 350 degrees for 20-25 minutes. I used a convection oven, which automatically lowers the temp to 325 degrees. A regular oven may take a little less time at the higher setting. Cookies will still be a little bit soft but not mushy when done. Place cookies on a cooling rack where they will firm up.

A couple of these make an awesome breakfast, especially when spread with almond butter alone or almond butter mixed with a tad of Justin's Chocolate Hazelnut Butter. Justin's version of Nutella has organic cane sugar as the third ingredient after hazelnuts and almonds and contains only 8 grams of sugar compared to the other's 21 grams of sugar as the first ingredient!

* I have used various combinations of flours depending upon what I had in stock. Coconut flour will dry dough, so the amount of moistness will change depending on how much coconut flour you use.

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Here's to pumpkin!

Deidre