

FOODTALK4YOU.COM'S BREAKFAST COOKIES- version 3.0

Assemble dry ingredients in a bowl and stir to combine well:

½ cup almond flour

½ coconut flour

¼ cup ground flax seed

¼ cup hemp seed hearts

¼ Great Lakes Collagen Hydrolysate

1 Tbs. Ceylon cinnamon

2 tsp. baking soda

½ cup dried fruit – I prefer golden raisins

1 cup unsweetened coconut flakes. Pulse flakes in a food processor to create smaller pieces of coconut flakes – about ¼ inch in length, THEN measure out 1 cup. A 7-ounce bag of coconut flakes should yield about 2 cups of smaller shreds.

In a food processor place the following:

Juice from ½ lemon

3 large, ripe bananas broken into chunks

7 medium-sized PITTED dates **/or/** 5 large, PITTED, Medjool dates **/or/** 7 dried figs with stems removed **/or/** a combination of dates and figs - SOAKED in warm water for 15 minutes and drained

Pulse the lemon juice, bananas, and dates/figs until smooth with no big chunks remaining.

Then add:

2 Tbs. coconut oil

1 cup unsweetened applesauce (2 - small 4-ounce containers)

2 tsp. vanilla extract

Pulse all wet ingredients until well combined with no chunks.

Pour wet ingredients into dry ingredients and stir well to combine.

At this point, start pre-heating the oven to 325/convection or 350/standard.

Tap the dough. Your fingers should come away clean. If the dough seems too wet, (mine usually does – depending on the size of the bananas and lemon), add some coconut flour, 1 tablespoon at a time, and stir to incorporate. I often add up to ¼ cup extra.

Using a golf-ball sized cookie scoop, (2 inches in diameter), fill and pack scoop by pressing dough into the scoop at the side of the bowl. Place cookies onto parchment paper covered cookie sheets.

Using 2-3 damp fingers, gently press each cookie down a bit.

OPTIONAL - Measure out 1-2 tsp. of course sugar such as Turbinato or Demerara into a small dish. Sprinkle just *a pinch* of granules on top of each cookie. This is not intended to be a big sugar hit I just like the sparkly effect on the top.

Looks like a bakery confection!

Bake cookies for 20-25 minutes. Cookies will still be a bit soft but not mushy when done. Place cookies on a wire rack to cool and firm up.

One recipe yields 27 - 28 cookies.