

Monster Breakfast Cookies

13 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C).
2. In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, coconut oil and maple syrup. Mix well.
3. In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
4. Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 20 to 25 minutes, or until cookies are golden brown.
5. Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

Notes

No Raisins

Try unsweetened dried cranberries.

No Pumpkin Seeds

Use sunflower seeds instead.

No Eggs

Make a flax egg by combining 1 tbsp ground flax seed with 3 tbsp water. Stir and let sit for 10 minutes. Use this mixture to replace 1 egg.

Serving Size

One serving is equal to one cookie.

Ingredients

- 2 Banana (mashed)
- 2 Egg
- 1 Carrot (grated)
- 1/2 cup Almond Butter
- 2 tbsps Coconut Oil
- 2 tbsps Maple Syrup
- 1 1/2 cups Oats
- 1 cup Almond Flour
- 1/4 cup Pumpkin Seeds
- 2/3 cup Organic Raisins
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/2 cup Organic Dark Chocolate Chips (optional)

Nutrition

Amount per serving

Calories	316	Cholesterol	31mg
Fat	19g	Sodium	45mg
Carbs	31g	Vitamin A	908IU
Fiber	5g	Vitamin C	2mg
Sugar	16g	Calcium	82mg
Protein	8g	Iron	2mg