RECIPE

Oatmeal breakfast cookies

Soft toasted-oat breakfast cookies with banana, almond butter and walnuts, no added sugar, for a grab-and-go breakfast.

MAKES

6 servings (12 cookies) US Metric

TOTAL

45 min

Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] ½ cup chopped walnuts
- [ ] 3 medium ripe bananas, peeled and mashed
- [ ] ⅓ cup unsalted almond butter
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] ¼ tsp salt
- [ ] ¼ cup dark raisins

Method

1. Heat the oven to 375 °F with a rack in the middle. At 5,300 ft a slightly hotter oven sets the cookie before it spreads. Line a large baking sheet with parchment.

2. Spread the oats and walnuts on the sheet. Toast for 7 to 8 minutes, stirring once, until the oats smell nutty and the walnuts darken a shade. Tip them into a large bowl and let them cool for 5 minutes. Leave the parchment on the sheet.

3. In a medium bowl, mash the bananas with a fork until nearly smooth. Stir in the almond butter, vanilla, cinnamon and salt until creamy.

4. Pour the banana mixture over the oats and walnuts. Add the raisins. Stir until no dry oats are left, then let the bowl sit for 10 minutes so the oats drink up the banana and the dough holds together.

5. Scoop 12 mounds of about ¼ cup each onto the lined sheet, 2 inches apart. Flatten each with damp fingers to a round about ½ inch thick; these cookies do not spread.

6. Bake 14 to 16 minutes, turning the sheet once, until the edges are golden brown and the tops feel set. They are soft in the middle until they cool.

7. Cool on the sheet for 10 minutes, or they break; then move to a rack. Eat 2 for breakfast. Cool completely, then store covered in the fridge up to 5 days, or freeze singly on a tray and bag them for 3 months. Do not leave them out more than 2 hours. Thaw overnight or warm 30 seconds in the microwave.