

Nutritious Strawberry Breakfast Cookies

GLUTEN-FREE • VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/strawberry-breakfast-cookies>

YIELDS: about 20 cookies

STEP 1:

Preheat oven to 350°F. Line a baking sheet with parchment paper.

STEP 2:

Check dates to make sure there are no pits. Even pitted dates occasionally have a straggler or two. Place dates and banana in a food processor and pulse until dates are very finely diced.

STEP 3:

In a large bowl, stir together date mixture, applesauce, coconut oil and coconut (or agave) nectar until well combined. Add strawberries and gently stir.

STEP 4:

In a separate bowl, stir together the remaining dry ingredients. Add dry mixture to wet mixture and stir until well combined.

STEP 5:

Form batter into 2" balls, place onto prepared cookie sheet and pat down to about 1/2" thickness. If desired, use your fingers to form cookies into a square shape. (*I was able to fit 12 cookies on a large baking sheet.*)

STEP 6:

Bake for 30 minutes, until cookie bottoms are golden brown. Remove from oven and allow cookies to cool on baking sheet for 5 minutes. Transfer cookies to a cooling rack to cool completely.

Cookies will firm up as they cool. They keep best when stored in an air-tight container in the refrigerator.

INGREDIENTS:

- 1 cup pitted dates (*about 5 oz.*)
- 1 large ripe banana, peeled
- 3/4 cup unsweetened applesauce
- 1/4 cup coconut oil, melted
- 1 Tbsp coconut nectar (*or agave nectar*)
- 2 cups finely chopped fresh strawberries
- 2 1/2 cups old fashioned rolled oats
(*use certified gluten-free, if necessary*)
- 1 cup unsweetened flaked coconut
- 5 Tbsp chia seeds
- 1/2 cup pecan chips (*finely chopped pecans*)
- 1/2 Tbsp cinnamon
- 1/2 tsp salt
- 2-4 Tbsp vegan, gluten-free plain or vanilla protein powder (*optional*)

Feel free to swap the pecans for your favorite nut, or leave them out if desired. Chia seeds and protein powder aren't crucial to the recipe, but they add great nutrition. Flaked coconut can be omitted, but you may want to add extra oats if the batter is too wet.