

Krista Harrison, RHN, Culinary Nutrition Expert

krista@kristaharrison.com

www.kristaharrison.com

“Embracing the power of real food!”

Breakfast Cookies

Makes: 20-25 cookies

Prep time: 10 minutes

Cook time: 15-18 minutes

Ingredients:

1/2 cup organic butter

1/4 cup coconut oil

1 cup coconut sugar

2 tsp vanilla

1 cup flax, ground

1 cup brown rice flour (or teff for extra protein)

1 cup oats

1/4 cup unsweetened protein powder (I used Genuine Health fermented Greek Yogurt protein+)

2 bananas

1 cup semi sweet chocolate chips

1/4 cup pumpkin seeds

Directions:

Preheat oven to 350 and place parchment paper on baking sheet.

In a large bowl cream together butter, coconut oil, bananas, and sugar. Add in vanilla and stir. Then add flax, protein powder, brown rice flour, and oats. Finally, blend in chocolate chips and pumpkin seeds. Drop 2 tbsp (ish) size cookie dough onto a prepared baking sheet. Bake at 350 for 15-18 minutes.