

Breakfast Cookies

Submitted by Nalo F.



4 medium ripe bananas, mashed
2 small apples, peeled and chopped
½ cup raisins
¾ cup walnuts, chopped
½ cup sunflower seeds
1 tbsp flaxseed meal (ground flaxseed)
2 cups quick cooking oats, dry
1 tbsp vanilla extract
1 scoop Any Whey unflavored protein
6 packets Stevia® sweetener
¾ tsp baking soda
2 tsp cinnamon

Preheat oven to 350 degrees F. Spray baking sheet with pan coating.

Place oatmeal in blender or food processor and blend until flour consistency. Add sunflower seeds and pulse. Place oatmeal flour/sunflower seed mixture in large bowl. Add Any Whey unflavored protein, Stevia, baking soda and cinnamon. Stir until well mixed.

Mix bananas, apples, raisins, walnuts, and vanilla in another bowl and stir together. Add the fruit mixture to the oatmeal mixture and stir until mixed. Mix all ingredients and drop by large spoonful onto baking sheet. Bake for 7 minutes, or until golden brown. Remove from oven, flip cookies to other side and bake for approximately 7 minutes or until golden brown. Cool and enjoy. Leftovers keep in the refrigerator for 3 days and in the freezer for 3 months. Makes 24 servings.

Nutritional information per serving: 105 calories, 3 grams protein, 5 grams fat, 14 grams carbohydrate, 80 mg sodium.



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