



Oat & Nut Butter Breakfast Cookies

Prep: 30 minutes

Bake: 12 minutes • Makes: 18 cookies

- 1¼ cups quick oats
 - 1 cup whole wheat flour
 - 1 teaspoon baking soda
 - ½ teaspoon ground cinnamon plus additional for dusting (optional)
 - ½ teaspoon salt
 - 2 large egg whites
 - ½ cup honey
 - ⅓ cup nut butter such as peanut butter, sunflower seed butter, almond butter or soynut butter
 - 2 teaspoons vanilla extract
 - ½ cup mashed ripe banana (about 1 medium)
 - 1 cup shredded apple (about 1 medium)
 - ⅓ cup dried fruit such as chopped dried apricots, dried cranberries, dried goji berries, chopped dried apricots or raisins
 - ¼ cup roasted and salted pepitas (shelled pumpkin seeds)
- Nonstick cooking spray

1. Preheat oven to 350°. In medium bowl, whisk together oats, flour, baking soda, cinnamon and salt. In separate medium bowl, whisk together egg whites, honey, nut butter and vanilla extract; stir in banana. Gradually stir in flour mixture; stir just until combined (do not overmix). Fold in apple, dried fruit and pepitas.

2. Line large rimmed baking pans with parchment paper. Using 2 small spoons, drop 1 heaping tablespoon cookie mixture 2 inches apart onto prepared pan. Spray back of spoon with cooking spray; press down on each cookie to flatten slightly to about 1-inch thick.

3. Bake cookies 12 minutes or until lightly browned. Cool cookies on pans 10 minutes; transfer to wire rack to cool completely. Dust cookies with cinnamon, if desired.

*Approximate nutritional values per serving (2 cookies):
260 Calories, 7g Fat (1g Saturated), 0mg Cholesterol,
334mg Sodium, 45g Carbohydrates, 4g Fiber, 8g Protein*

Chef Tip

Cookies can be frozen in a zip-tight freezer bag up to 3 months. To thaw, heat cookies in microwave oven on defrost 5 to 10 seconds or to desired temperature.

Dietitian's Dish

> Almond butter is a nutritious alternative to peanut butter, with more heart healthy omega-3 fats. It has more potassium, calcium, vitamin E, magnesium, phosphorous *and* iron per ounce.