

Banana Blueberry Breakfast Cookies - A Nutritious Start to Your Day

Banana Blueberry Breakfast Cookies



OVEN
350°F

TIME
10 min

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INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1/2 cup blueberries (fresh or frozen)
- 1/4 cup honey or maple syrup
- 1/2 teaspoon cinnamon
- 1/4 cup almond butter (or any nut butter)

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 350°F (175°C) and line a baking sheet with parchment paper to prevent sticking.
- 2.** Mash the Bananas: In a large mixing bowl, mash the ripe bananas until smooth. The riper the bananas, the sweeter and softer your cookies will be.
- 3.** Mix in the Dry Ingredients: Add the rolled oats, cinnamon, and honey (or maple syrup) to the mashed bananas. Stir until everything is well combined.
- 4.** Add the Almond Butter: Spoon in the almond butter and mix thoroughly. This helps bind the cookies while adding a creamy texture and healthy fats.
- 5.** Gently Fold in the Blueberries: Carefully stir in the blueberries, making sure not to crush them too much. If using frozen blueberries, do not thaw them beforehand-this prevents them from bleeding too much into the batter.
- 6.** Shape the Cookies: Using a spoon or your hands, scoop out the dough and place it onto the lined baking sheet. Shape them into cookies, keeping them about 3/4 inch thick. Since these cookies don't spread much while baking, make sure they're the size and shape you want before they go into the oven.
- 7.** Bake Until Golden: Place the baking sheet in the preheated oven and bake for 15-20 minutes, or until the edges turn golden brown. The exact time will depend on your oven and how soft or crispy you like your cookies.
- 8.** Let Them Cool: Once baked, remove the cookies from the oven and let them cool on the sheet for a few minutes before transferring them to a wire rack. This helps

them firm up while keeping the centers soft and chewy.

9. Enjoy!: Your Banana Blueberry Breakfast Cookies are now ready to be devoured! Enjoy them warm or let them cool completely before storing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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