

Guilt-Free Banana Blueberry Breakfast Cookies (No Refined Sugar!)

Healthy Banana Blueberry Breakfast Cookies: Your New Favorite Morning Shortcut



OVEN
350°F

TIME
18 min

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INGREDIENTS

- 2 Ripe Bananas: The spottier, the better! This provides the moisture and natural sweetness.
- 1 cup Rolled Oats: Use old-fashioned oats for the best texture.
- 1/2 cup Fresh Blueberries: Frozen works too, just don't thaw them first.
- 1/4 cup Honey or Maple Syrup: A natural liquid sweetener to bind it all together.
- 1 teaspoon Vanilla Extract: Adds that classic bakery aroma.
- 1/2 teaspoon Cinnamon: For warmth and depth.
- A pinch of Salt: To balance the sweetness.

DIRECTIONS

1. Prep the : Oven: Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper or a silicone baking mat to prevent sticking.
2. Mash the : Bananas: In a large mixing bowl, mash your bananas until they are mostly smooth with very few lumps.
3. Mix the : Base: Stir in the rolled oats, honey (or syrup), vanilla, cinnamon, and salt. Mix until the oats are fully hydrated by the banana.
4. Fold in : Blueberries: Gently fold in the blueberries. If using fresh, be careful not to burst them so your cookies don't turn purple!
5. Shape the : Cookies: Drop large spoonfuls of the dough onto the baking sheet. Since these don't spread much, use the back of the spoon to flatten them into your desired cookie shape.
6. Bake: Bake for 15-18 minutes. You'll know they are done when the edges are golden brown and the centers feel set.
7. Cool: Let them rest on the sheet for 5 minutes before moving them to a wire rack.

SWAPS & NOTES

The Oats: If you need these to be strictly gluten-free, ensure your oats are certified GF.
The Fruit: Not a fan of blueberries?

Swap them for chopped strawberries or even dark chocolate chips.
If you love the combo but want something even simpler, check out these 3-ingredient chocolate chip oatmeal breakfast cookies.

TIPS FOR SUCCESS

Don't Overbake: These are meant to be soft and chewy, not crunchy.

Banana Maturity: If your bananas aren't very sweet, you may want to add an extra tablespoon of honey.

Uniform Size: Use an ice cream scoop to ensure all cookies are the same size so they bake evenly.

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

Original recipe: <https://chefmaniac.com/guilt-free-banana-blueberry-breakfast-cookies-no-refined-sugar/>