

## Recipe Idea: Gluten Free & Vegan Breakfast Cookies



These gluten free breakfast cookies are great for an on the go morning, and also make a great between meal morning snack. Makes 18-24 cookies.

2 cups of certified gluten-free rolled oats (like Bob's Red Mill)

1/4 cup certified gluten-free oat flour (or just process some gluten-free rolled oats into a fine powder)

1 cup unsweetened coconut flakes

2 tablespoons ground chia seeds or ground flaxseeds

1/2 cup almonds, roughly chopped

1/4 teaspoon sea salt

2 organic bananas, mashed

2 tablespoons maple syrup (or honey)

1/4 cup coconut oil, melted

1 cup fresh organic strawberries, roughly chopped

1 teaspoon vanilla

Preheat the oven to 350° F. Line a baking sheet or two with unbleached parchment paper. In a large bowl combine oats, oat flour, coconut, chia seeds, almonds and salt. Stir in bananas, strawberries, coconut oil, maple syrup and vanilla. I use my clean bare hands to mix it all up so I can really get in there and get everything well mixed. You can of course just use a large spoon or spatula. Form the dough into 2 1/2 inch balls/discs with your hands and place into even rows with just a little room in between them. Press them down very gently to flatten them a bit. Bake at 350° for 25-30 minutes or until fragrant and golden. Cool on pan for a few minutes than transfer to a cooling rack. Enjoy for breakfast, dessert or an anytime snack.

