

Oats and Sweet Potato Breakfast Cookies (Gluten Free)



An on-the-go breakfast to enjoy with Greek yogurt for extra protein! Delicious as a snack with iced tea or coffee!

Preparation 10 min

Cooking 15 min

Servings 10

Nutrition Facts (per serving)

Calories 160

Fat 8

Carbohydrates 19

Fibre 4

Protein 5

Sodium 10

Ingredients

- 375 ml (1 ½ cups) rolled oats
- 30 ml (2 tbsps) chopped almonds
- 30 ml (2 tbsps) mini chocolate chips
- 15 ml (1 tbsp) chia seeds
- 5 ml (1 tsp) baking powder
- 125 ml (½ cup) sweet potato purée

- 1 mashed banana
- 80 ml (? cup) natural peanut butter
- 45 ml (3 tbsp) flaxseed mixed with 45 ml (3 tbsp) water
- 5 ml (1 tsp) vanilla extract

Note: For a low FODMAP version, replace almonds with pumpkin seeds.

Preparation

1. Preheat oven to 180°C (350°F). Line a baking sheet with parchment paper.
2. In a large bowl, combine oats, almonds, chocolate chips, chia seeds and baking powder.
3. Stir in remaining ingredients with a spoon.
4. Shape into 10 to 12 small patties and place on baking sheet.
5. Bake for 15 minutes or until lightly browned.

Notes

Can be stored for 3 to 4 days in the refrigerator or 1 month in the freezer.



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