

Chunky Monkey Breakfast Cookies Makes 24 small cookies

Preheat oven 350 degrees. Grease 2 baking sheets.

1 ripe	banana	Add banana to a large bowl and mash with a fork.
1	egg	Add the remaining ingredients and mix with an electric mixer until smooth.
1/2 cup	natural peanut butter	
1/3 cup	pure maple syrup (or 1/2 cup brown sugar, firmly packed)	
1 tsp	vanilla extract	
1 1/4 cup	whole wheat pastry flour (or white whole wheat flour or gluten-free flour)	Add to the bowl and continue to mix until well blended.
1/2 tsp	baking soda	Using a 1 oz cookie scoop, place cookies on the baking sheets approximately 2 inches apart. (It's not necessary to press down with a fork in a cross pattern, but you can if you wish.)
1/2 tsp	baking powder (aluminum-free)	
1/2 cup	chopped peanuts	Bake for 10-14 minutes until lightly brown. Remove from the oven and let cool.
1/2 cup	chocolate chips , dark or semi-sweet	Enjoy!

Nutrition Information for 1 cookie: Calories: 110 • Fat: 6 g • Sat Fat: 1.5 g • Chol: 8 • Fiber: 2 g • Protein: 3 g • Total Carb: 12 g • Sugars: 5 g • Sodium: 40 mg

Chocolate Bliss Breakfast Cookies Makes 15 small cookies

Preheat oven 350 degrees. Grease a baking sheet.

1 ripe	banana	Add banana to a medium-sized bowl and mash with a fork.
1/2 cup	natural unsweetened applesauce	Add the remaining ingredients and stir to combine.
1 cup	natural peanut butter (or almond butter, or 1/2 cup of each)	
1/2 cup	old-fashioned rolled oats	
1/4 cup	ground flax seed	
1/4 cup	unsweetened cocoa powder	
1/4 cup	coconut sugar (or brown sugar, firmly packed)	
1 tsp	baking powder (aluminum-free)	
1 tsp	vanilla extract	
OPTIONAL	Add-ins:	Add in none, some or all. Drop by rounded spoonfuls onto the greased baking sheet. Bake for 10-12 minutes. Let cool and enjoy!
1/4 cup	unsweetened shredded coconut, chopped nuts, and/or chocolate chips	
1/4 cup	dried cherries, cranberries or raisins	

Nutrition Info. for 1 cookie (without optional add-ins): Calories: 150 • Fat: 10.5 g • Sat Fat: 1.3 g • Chol: 0 mg • Fiber: 3 g • Protein: 5 g • Total Carb: 13 g • Sugars: 4 g • Sodium: 65 mg