

Lemon Berry Breakfast Cookies

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Recipe type: Breakfast, Baked Goods, Snacks

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves: 12-16

Ingredients

- 1¾ cups whole wheat flour (or flour of choice)
- 2 cups oats
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ cup chia seeds or ground flax (optional)
- ½ cup unsweetened applesauce
- 1 ripe banana, mashed
- ¼ cup honey
- 2 Tbsp. maple syrup
- ¼ cup coconut oil (melted)
- 1 lemon, zested and juiced
- ½ tsp. cinnamon
- 2 cups frozen mixed berries

Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together flour, oats, baking soda, salt, and flax/chia (if using).
3. Next, gently stir in applesauce, banana, honey, maple syrup, coconut oil, cinnamon, lemon zest, and lemon juice.
4. Fold in the frozen mixed berries.
5. On a large baking sheet lined with parchment paper, scoop batter (about ¼ cup) and flatten the tops of the cookies slightly.
6. Bake for 8-10 minutes, or until cookies are just golden brown and the tops are set.
7. Let cool on a baking sheet, then refrigerate or freeze the cookies.
8. Enjoy!!