

# Healthy Breakfast Cookies

*This recipe can be made ahead, frozen and ready to toss into your lunch bag for a quick, filling and nutritious energy boost or for breakfast "to go"! Makes 22 cookies.*

## **Ingredients:** (*sf*-superfood, *asf*-almost super food)

|         |                                  |         |                                    |
|---------|----------------------------------|---------|------------------------------------|
| 1 ½ cup | whole wheat flour ( <i>asf</i> ) | 1/2 tsp | baking powder                      |
| 1 ¼ cup | rolled oats ( <i>sf</i> )        | ½ cup   | dark chocolate chips ( <i>sf</i> ) |
| ¾ cup   | granulated white sugar           | 1       | egg                                |
| 1 tsp.  | cinnamon                         | 1 tsp   | vanilla                            |
| 1 tsp.  | salt                             | 1 cup   | pumpkin ( <i>sf</i> )              |
| 2 tsp.  | baking soda                      | ½ cup   | natural peanut butter              |

## **Directions:**

Preheat oven to 350 degrees.

Mix all dry ingredients together including the chocolate chips in a large bowl.

Place the egg, vanilla, pumpkin and peanut butter together in a small bowl.

Add the wet ingredients into the dry ingredients and mix well.

Using a 1/5 measuring cup, loosely measure the cookie dough and roll into a ball shape.

Flatten the ball with the palms of your hands to form a cookie

Oil cookie sheet(s). Place cookies 1" apart onto pan.

Bake 8-10 minutes. They should be soft when you remove them. Let cool. Place in freezer bags.

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