

# Recipe

## ONE-BOWL BLUEBERRY ALMOND BREAKFAST COOKIES



► Vegan, gluten-free, oil-free, refined sugar-free

**Yield:** 10 cookies

**Prep Time:** 10 min

**Cook Time:** 15 min

**Total Time:** 25 min

### INGREDIENTS

- 1 ripe banana, peeled
- 2 Tbsp (30 g) almond butter
- 1/4 cup (60 mL) unsweetened applesauce
- 1 tsp (5 mL) pure vanilla extract
- 1/2 cup (70 g) raw almond meal\*
- 3 Tbsp (40 g) ground flax seeds
- 1 Tbsp (10 g) chia seeds
- 1/2 (2.5 g) tsp baking soda
- 1/2 (2.5 g) tsp cinnamon
- 1/4 tsp salt
- 1+1/4 cup (110 g) rolled oats (GF if desired)
- 2 Tbsp (15 g) pumpkin seeds (optional)\*\*
- 1/2 cup (50 g) frozen blueberries\*\*
- 1/4 cup (40 g) dairy-free dark chocolate, coarsely chopped (or sub dairy-free chocolate chips)

### DIRECTIONS

1. Preheat the oven to 350 F/ 180 C and place baking paper on a cookie sheet.
2. Add the banana to a large bowl and mash well. Then mix in the almond butter, applesauce and vanilla extract, whisking until well combined. Then add the almond flour, flax and chia seeds, mixing until combined. Then add the baking soda, cinnamon, and salt stirring again to combine. Then stir in the oats and pumpkin seeds before gently folding in the blueberries and chocolate.
3. Divide the mixture to create 10 cookies, and using your hands form small balls out of the 'dough' and place on a cookie sheet lined with baking paper, gently pressing it down to create a cookie shape. Space evenly apart and bake for 15 minutes, or until lightly golden. Remove from the oven and let cool for 2 minutes before transferring to a cooling rack to cool completely. Enjoy!

### NOTES

1. \*To make the almond meal, I simply blended 1/2 cup (70 g) raw almonds in a food processor until a coarse, flour-like consistency was formed.
2. \*\* **Variations:** substitute the pumpkin seeds for any other seed or dried fruit. Substitute the frozen berries for fresh, or try another type of berry altogether like raspberry or blackberry!
3. **Storage:** store in an air-tight container on the counter for up to one day, or wrap individually and store in the freezer for up to two-months to enjoy as a grab-and-go breakfast or snack! Either re-heat to enjoy immediately or allow to defrost naturally if enjoying as a snack later in the day (takes 1-2 hours to defrost).

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