



ONE-BOWL BANANA PEANUT BUTTER BREAKFAST COOKIES

Fully ripe bananas, with freckled or dark skin, are the most flavourful for baking. Breakfast “cookies” are sturdier than dessert cookies, and provide a convenient, chewy and nutritious bite to start the day.

Prep: 15 min Bake: 20 min
Stand: 10 min Yield: 12 to 14 cookies

- 1 cup mashed ripe bananas (about 2 to 3)
- 2/3 cup Longo’s Natural Peanut Butter
- ~~1/4 cup packed brown sugar~~ *date*
- 2 tsp vanilla
- 1 tsp baking powder
- 1/2 tsp salt
- 2/3 cup chopped Longo’s Walnut Halves or unsalted roasted peanuts *Raisins*
- 1/2 cup Longo’s Dried Cranberries, coarsely chopped *+ chocolate chips*
- 2 cups quick oats

Stir together bananas, peanut butter, sugar and vanilla until well combined. Stir in baking powder and salt. Add the walnuts and cranberries. Stir in quick oats until mixture is combined well.

With a scoop or 1/4 cup dry measuring cup, scoop out 12 to 14 neat mounds and place about 2 inches apart on baking sheet lined with Longo’s Essentials Parchment Paper. With slightly damp hands, press down slightly to make cookies a generous 1/2-inch

thick, like little pucks. Bake in preheated 325°F oven for 20 to 30 minutes or until golden brown and firm. Let cool on the pan for 10 minutes; remove to rack to cool completely.

Make-ahead: Store in airtight container at room temperature for up to 2 days or freeze for up to 2 weeks. Warm slightly to serve.

Per serving: 200 calories; 6g protein; 11g fat; 24g carbohydrate; 3g fibre; 10g sugars; 105mg sodium.

Variation: One-Bowl Banana Almond Breakfast Cookies: Follow method above and substitute the 2 tsp vanilla with 1 tsp vanilla and 1/2 tsp almond extract, the peanut butter with almond butter, the walnuts with toasted slivered or sliced almonds, and the cranberries with Longo’s Organic Dried Cherries, coarsely chopped.

Substitutions: Instead of dried cranberries or cherries, use golden or regular sultana-raisins. Instead of the nuts, try crushed Longo’s Organic Banana Chips. For a decadent breakfast cookie, add 1/4 cup dark chocolate chips or use chocolate chips to replace some of the nuts or fruit.

