



# Banana Oat Breakfast Cookies

These breakfast cookies have been a lifesaver for me! My dear friend sent me home with a bag of these cookies and we LOVED them!! Truth be told, they were all I could eat during labour and just after having my first baby. When I asked for the recipe, she said she just threw stuff together! So when I was home from the hospital and feeling good enough, I took her list of ingredients and re-created them to make a recipe to share with all of you!

They are jam packed full of great ingredients, are sugar-free, gluten-free, egg-free & can easily be nut-free!

## Ingredients:

- 6 very ripe medium bananas (mashed)
- 1 can of full fat coconut milk
- 4 cups gluten-free rolled oats
- 1 cup shredded coconut (unsweetened)
- 1/2 cup slivered almonds (omit for nut-free & replace with sunflower seeds)
- 1/2 cup pumpkin seeds
- 1/2 cup hemp hearts
- 1/2 dried fruit of choice (I love dried cranberries, or cherries)
- 1/2 cup cacao nibs (or chocolate chips)

## Directions:

Pre-heat oven to 350 degrees. In a large mixing bowl, mix the

canned coconut milk and mashed bananas (if your coconut milk is too chunky, I heated it on the stove until it was liquified, then mixed it in with the bananas).

Once bananas and coconut milk are well mixed, add in the remaining ingredients. Mixture will appear milky or soupy. Spoon onto parchment lined cookie sheets. Press cookies into a round, flat shape, so they stick together when baking. Bake for 15-20 minutes, or until the edges are just during golden brown.

Allow to cool for 5 minutes on cookie sheets before removing to cooling rack. Cool completely before refrigerating or freezing.

#### Tips & Ideas:

These freeze EXCELLENT! I made a double batch and froze them all! Perfect for breakfasts on the go, or when you just don't have time to be in the kitchen (which is actually often for me these days)!!

You also can easily make this recipe your own by adjusting the dry ingredients to whatever you enjoy!



# Banana Scrambled Eggs

I know what you're thinking ... bananas and eggs?? We were thinking the exact same thing when my 7 year old niece said she wanted to cook this for breakfast. Turns out we were all shocked when we tasted her creation. It taste like sweet french toast... without the bread or the the sugar! I dare you to give this a try and not absolutely love it!

## Ingredients:

- 1 tbsp coconut oil
- 2 ripe bananas (chopped into small chunks)
- 3 eggs (whisked together)
- 1/2 tsp cinnamon
- 1/2 tsp vanilla

## Directions:

Heat coconut oil in frying pan over medium heat. Add all ingredients to the frying pan. Cook until eggs are fully cooked.

Remove from heat and enjoy!

## Tips & Ideas:

Can top with anything you like. My niece had her eggs topped with maple syrup and mixed berries, and I enjoyed mine without adding a thing!