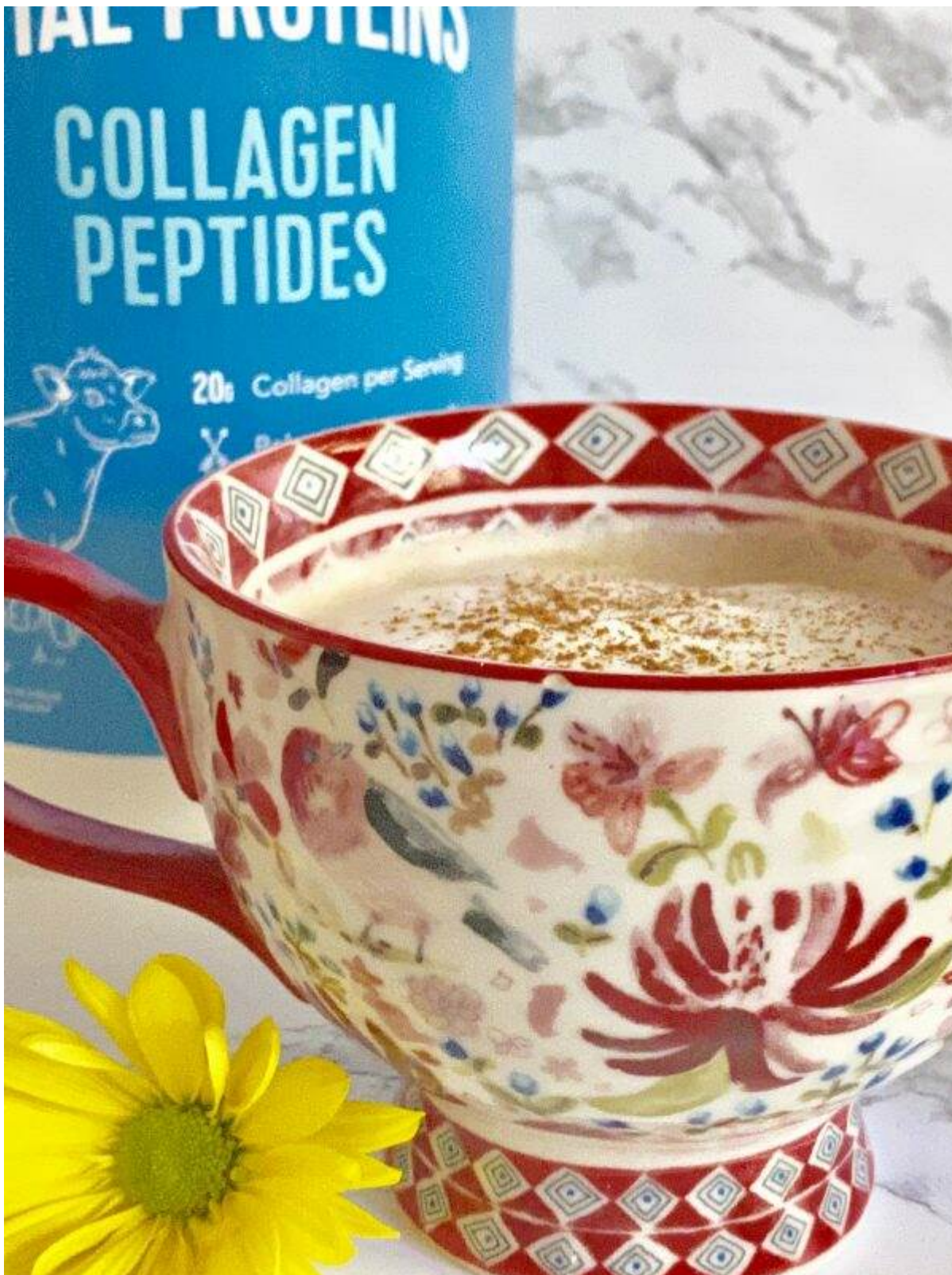


# My Breakfast Challenge



I am not a breakfast person. The thought of any meal in the morning is almost hard for me to comprehend. So I struggle with what breakfast options are healthy, quick and not big in volume.

# Collagen Peptides

Every morning starts with my delicious Nespresso coffee with foamed milk and two scoops of [Vital Proteins Collagen Peptides](#).

Vital Proteins provides 18 grams of protein, which is just enough to sustain me through my morning workout. But there are days where I am more hungry, especially if I skipped dinner the night before. Sometimes grabbing a quick hardboiled egg (pre-made and in the fridge) does it, but other days, I need something with a bit more substance.





## **Breakfast Cookies**

I started making breakfast cookies when I was the Food Mom for my son's high school crew team. Often the boys would be up at the crack of dawn before a regatta wanting something light,

but healthy to eat. Cookies, you say? For breakfast?

## Blueberry Breakfast Cookies

Yesterday, I dusted off the recipe for Ambitious Kitchen's [Omega 3 Blueberry Breakfast Cookies](#) and made a batch. Being challenged with too many apples, I found an additional recipe online from Kristine's Kitchen for [Apple Pie Breakfast cookies](#). Both recipes are chock-a-block full of fiber and goodness. So it is time to compare the two recipes.





The Blueberry Breakfast cookies are gluten-free and dairy free. Using almond meal, coconut sugar, flaxseed meal, rolled oats, chia seeds, banana, blueberries, walnuts and an optional add ~ dark chocolate, these large cookies are very flavorful and filling.





This recipe makes 8 large cookies. The most time consuming part of the recipe is gathering the ingredients! Using an ice cream scoop makes it easy to plop these down on a cookie sheet to bake. Prep time is 10 minutes with a cook time of 15.





## **Apple Pie Breakfast Cookies**

The Apple Pie Breakfast cookies have similar ingredients~rolled oats, apples, oat flour, ground flaxseed, applesauce, maple syrup, egg, butter and spices. Refined



sugar-free, this recipe makes 18 large cookies.



Similar to the first recipe, drop balls of dough on a cookie sheet and flatten with your hand.







These cookies are perfect if you have children or grandchildren that you need to feed quickly. They freeze beautifully and a few seconds in the microwave, you have a nutritious and delicious snack.





As food crew mom, at one point, I needed to feed 65 high school athletic boys. The Blueberry Breakfast cookie recipe is the one that they boys would shove in their mouths as they raced to their next regatta.





This morning, we sampled both recipes. My husband and I prefer the Blueberry ones, as we love the combination of blueberries, walnuts and dark chocolate. The Apple Pie ones were good, but I think I would make the apple pieces bigger as they got a bit lost in the cookie. Also, our apples from the orchard are Anna apples, which have a mild, sweet flavor. Using an apple with



more tang will bump up the taste. But both are worthy recipes. Now they will be frozen for future use!

I hope if you are a non-breakfast eater like me, you will find these recipes to be a helpful addition to your morning routine.

Happy Wednesday! I am heading over to visit my elderly neighbor who lives alone and wants some company...of course, at a distance! Wishing you a day of wonder and love!

*Mary*

If you enjoy this post, please feel free to share on Pinterest.



[Breakfast Cookies](#)

## Blueberry Breakfast Cookies

These cookies would be excellent, not only for breakfast, but as a delicious snack. Freezer-friendly.

- 2 Tbsp melted coconut oil
- 1/4 cup coconut sugar
- 1 medium banana
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 1/4 cup flaxseed meal
- 1/2 cup almond meal/flour
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 1/4 cups rolled oats, gluten free if desired

- 1 Tbsp chia seeds
- 1/2 cup frozen or fresh blueberries
- 1/4 cup chopped walnuts
- 2 oz vegan dark chocolate chips (or regular chocolate (coarsely chopped-optional ingredient))

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper to prevent sticking.
2. In a large bowl, mix together melted coconut oil, coconut sugar, mashed banana, and vanilla and almond extracts, until smooth and creamy. Next fold in flaxseed meal, almond meal, baking soda, cinnamon and salt and mix until a thick dough forms. Next add in oats and chia seeds and gently fold into the batter until evenly distributed. Lastly fold in blueberries, walnuts and dark chocolate, if using.
3. Use a large cookie dough scoop or 1/4 cup to scoop dough onto prepared cookie sheet (we want these to be BIG cookies!). Make sure you tightly pack the dough into a ball before putting it onto the sheet. Gently press the top of the dough down just a little to flatten the tops. Bake for 13-16 minutes until edges begin to turn slightly golden brown. Allow cookies to cool for 15 minutes before removing from pan and transferring to a wire rack to finish cooling. Makes 8 big cookies.

Feel free to sub chopped pecans or almonds for the walnuts.

**Calories: 206kcal**

**Fat: 12.2g**

**Saturated fat: 3.7g**

**Carbohydrates: 22.8g**

**Fiber: 4.5g**

**Sugar: 9.4g**

**Protein: 4.9g**



# Apple Pie Breakfast Cookies

These cookies are filled with whole grain oats, apples and cinnamon. A delicious breakfast or quick snack!

## For the Apples

- 2 cups finely chopped apples (1/4 inch pieces, no need to peel)
- 2 Tbsp pure maple syrup
- 1 tsp cinnamon

## For the cookies:

- 2 cups old-fashioned rolled oats (gluten free if needed)
- 1 cup oat flour\*
- 1/2 cup ground flaxseed
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup unsweetened applesauce
- 1/3 cup honey or pure maple syrup
- 1 large egg
- 2 tsp vanilla extract
- 1/4 cup 4 tablespoons unsalted butter (melted and cooled slightly)

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a small saucepan, combine the apples, 2 tablespoons pure maple syrup, and 1 teaspoon cinnamon. Cook over medium-low heat, about 10 minutes, until apples have

softened.

3. Meanwhile, in a large bowl, stir together oats, oat flour, flaxseed, 1 teaspoon cinnamon, nutmeg, baking soda and salt. Set aside.
4. In a medium bowl or measuring cup, whisk together the applesauce, honey or maple syrup, egg and vanilla. Whisk in the melted butter.
5. Pour the wet ingredients into the bowl and with the dry and stir until combined. Fold in the cooked apples and their syrup.
6. Scoop rounded 1/4 cup portions of dough onto the prepared baking sheet, using your hands to shape the dough into uniform balls as needed. Gently flatten each cookie a bit as they won't flatten on their own during baking. Bake for 12-14 minutes until the cookies are set and lightly golden.
7. One completely cooled, cookies can be stored in an airtight container in the freezer for up to 2 months.
  - You can make your own oat flour in your food processor or blender. For 1 cup of oat flour, process 1 heaping cup of old-fashioned rolled oats until finely ground, about 1 minute
  - Serving: 1 cookie|Calories: 141kcal|Carbohydrates: 22 g|Protein: 3 g|Fat: 5 g|Saturated Fat: 2 g|Cholesterol: 17 mg|Sodium: 72 mg|Fiber: 3 g|Sugar: 9 g

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