

INGREDIENTS

150g whole wheat flour

100g rolled oats

1/2 tsp baking powder

1/4 tsp baking soda

1/2 tsp cinnamon

1 large egg

50g coconut oil, melted

60g honey

1 tsp vanilla extract

80g grated carrot

(1 medium carrot)

80g grated apple (1 medium

OTHER

50g chocolate chips



Breakfast Cookies!

Tasty and healthy snack!

Preheat the oven to 350f/ 180c . Line a cookie sheet with grease-proof paper. In a large bowl mix together the whole wheat flour, oats, baking powder, baking soda and cinnamon.



In a separate smaller bowl beat the egg. Add the melted coconut oil, honey and vanilla extract and stir well. Add this mixture to the large bowl with the dry ingredients and mix until well combined.

Add the grated carrot, grated apple and mashed banana and again stir until everything is well mixed together. If using the chocolate chips, add now.



Roll the cookie dough into 1 inch sized balls. The dough should make approximately 20 balls. Place each on the cookie sheet and press down lightly with a fork. Bake in the oven for 13-15 minutes. Allow to cool on a wire rack.

