

Breakfast Bites

Serves ~18



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 2 very ripe bananas
- 1 cup unsweetened applesauce
- 1 ½ cups rolled oats
- 1/3 cup raisins or other dried fruit
- 1 teaspoon cinnamon
- Oil for greasing pan such as coconut oil or canola oil

Directions

1. Preheat oven to 350°F. Grease a cookie sheet.
2. Mash the bananas in a medium bowl, then add remaining ingredients and mix well.
3. Drop 1-2 tablespoons of batter onto the cookie sheet. These “cookies” will not rise or spread, so shape them how you want.
4. Bake for 25-30 minutes, or until golden brown on top.

Notes

Mix-in Ideas: Nuts, nut butter, dried blueberries, diced apple, cocoa powder, dark chocolate chips, ground flax seed

Tip: Pair with a lean protein for a filling breakfast (e.g. Greek yogurt, eggs, tofu scramble, nuts)

Recipe from Cooking Well Berkeley class: Breakfast, Spring 2015