

BREAKFAST COOKIES

A recipe by **FoodNouveau**

INGREDIENTS

Makes 24 cookies

2 cups [500 ml]	unbleached all-purpose flour
1 cup [250 ml]	whole wheat flour
2 cups [500 ml]	old-fashioned oats
¼ cup [60 ml]	ground flax seed (or wheat germ)
2 tsp [10 ml]	baking powder
½ tsp [2.5 ml]	salt
1 tsp [5 ml]	ground ginger (or ½ tsp [2.5 ml] ground cinnamon)
½ cup [125 ml]	unsalted butter, melted and cooled (or a smooth tasting olive oil, or walnut, pistachio, or canola oil)
½ cup [125 ml]	packed brown sugar
2	large eggs
¼ cup [60 ml]	maple syrup
¾ cup [180 ml]	buttermilk (or soy, almond, rice, or regular milk)
1 tbsp [15 ml]	vanilla extract
2	medium ripe bananas, mashed
½ cup [125 ml]	chocolate chips (milk, dark, or white)
1/3 cup [180 ml]	chopped dried fruits (cherries, cran- berries, apricots, dates, etc.)
1/3 cup [180 ml]	chopped nuts (walnuts, pecans, hazelnuts, almonds, etc.)



METHOD

Preheat the oven to 350°F [175°C]. Line two baking sheets with parchment paper. In a large bowl, whisk together the flours, oats, flaxseed, baking powder, salt, and ginger. Set aside.

In the bowl of an electric mixer, whisk the butter and brown sugar together until smooth. Add the eggs, one at a time, beating between each addition until smooth. Add the maple syrup, buttermilk, vanilla extract, and mashed bananas, and mix until combined. With the mixer speed to low, gradually add the dry ingredients and mix just until the batter comes together. Add the chocolate chips, fruits, and nuts, and mix a few seconds, just to distribute evenly. (The batter will be thick.)

Using a ¼ cup [60 ml] measure or an ice cream scoop, drop dollops of batter on the baking sheets 2 inches apart. Using a fork, press down lightly on each batter mound to flatter into a cookie shape. Bake for 15 minutes, or until set and lightly golden around the edges. The cookies will not spread much and hold their form, but they puff up a little.

Let cool completely on a wire rack, then store in an airtight container in the refrigerator for up to a week, or in the freezer for up to three months.

Recipe Credit: Inspired by Jessica Merchant, How Sweet It Is

Photo Credit: Marie Asselin

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