

pancakes, maple, veggie  
patties: Their  
sweetness balances  
out the inherent  
saltiness of the  
sandwich.

egg, spinach, and top of...

Makes 1 sandwich. 330 cal, 14 g fat (3 g sat fat), 22 g protein, 6 g carb, 6 g fiber.

[MAKE THIS]

## BREAKFAST COOKIES

*This confection rivals any doughnut in deliciousness, and it's packed with energy to keep you going until lunchtime.*

Active: 12 minutes  
Total: 30 minutes

- 2 Tbsp flaxseeds (optional)
- 1 cup mashed bananas (about 3 ripe bananas)
- ¼ cup honey
- ¼ cup coconut oil or butter, melted
- 1 tsp vanilla extract

- 1½ cups rolled oats
- ½ cup whole-wheat flour
- ½ cup unsweetened coconut flakes
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup semisweet chocolate chips
- ¼ cup dried cranberries
- ¼ cup chopped dates
- ¼ cup chopped nuts (optional)

1. Heat oven to 350°F. Combine the flaxseeds with 5 Tbsp water. Let sit until seeds absorb some liquid, about 10 minutes.
2. In a bowl, combine the flaxseeds, bananas, honey,

coconut oil, and vanilla extract.

3. In a larger bowl, combine the oats, whole-wheat flour, coconut, baking powder, baking soda, and salt, and whisk together to incorporate. Pour in the banana mixture and add

the chocolate chips, dried fruits, and nuts (if using). Fold to combine using a rubber spatula.

4. Scoop 1 heaping Tbsp of batter onto a parchment-lined baking sheet and press down using the back of a spoon to flatten slightly. Repeat with rest of the batter. Bake until golden brown, rotating once, about 18 to 20 minutes. Transfer cookies to a wire rack to cool, and store airtight at room temperature.

Makes 16 cookies.

Per cookie: 145 cal, 8 g fat (6 g sat fat), 2 g protein, 19 g carb, 3 g fiber.

