



Wheeler

Innovative Care. Positive Change.

Three-Ingredient Breakfast Cookies

There are many different “breakfast cookies” you can buy at the grocery store; this recipe is a nutritional upgrade to the store bought ones. They have no added sugar, no preservatives, and only three ingredients! This recipe is versatile and can work with multiple different substitutions. Get creative and try your own combinations.

Ingredients

1 cup rolled oats

Alternatives: quick oats or a mixture of rolled and quick oats, may need less liquid ingredients if using quick oats

½ cup baked and mashed sweet potato

Alternatives: ½ cup mashed banana, ½ cup canned pumpkin, ½ cup pureed fruit such as applesauce. If using a pureed fruit like applesauce increase oats to 1 ¼ cups

½ cup sunflower butter

Alternatives: ½ cup peanut butter, almond butter or other nut butter, tahini (sesame seed butter) If using tahini or not natural peanut butter increase oats to 1 ¼ to 1 ½ cups.

Optional flavorings: pinch of salt, ¼ tsp cinnamon or nutmeg or cloves or allspice, ½ tsp cocoa powder, ½ tsp vanilla.

Equipment

Large mixing bowl

Fork

Measuring cups

Small bowl

Large mixing spoon

Non-stick cookie sheet

Small spoon or butter knife

Directions

Preheat the oven to 350-degrees.

Place baked and cooled sweet potato in a small bowl and mash with a fork, measure out ½ cup and transfer to a large bowl.

In a large bowl add 1 cup oatmeal and ½ cup sunflower butter. You may need to adjust the amount of oatmeal depending on the moisture of the mixture and the type of oatmeal you are using.

Use a large spoon to mix until thoroughly combined. The mixture will be wet but should be dry enough to handle while only slightly sticking to your hands.

Use your hands to roll dough into ping pong ball sized balls (about 1 ½ tablespoons). There will be approximately 9-12 cookies. Use the palm of your hand to slightly flatten the cookie. Since these cookies have no sugar or butter they will not spread very much.

Place in the oven for 20-25 minutes.

Once cooled store in the refrigerator for 5-7 days or freeze for up to 3 months.



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Variations:

1 ¼ cup rolled oats, ½ cup applesauce, ½ cup almond butter, ¼ tsp cinnamon

1 cup rolled oats, 1 large ripe banana mashed (about ½ cup) ½ cup all-natural peanut butter, 1 tsp cocoa powder

1 cup rolled oats, ½ cup canned pumpkin, ½ cup cashew butter, ½ tsp each cinnamon and nutmeg

Allergy friendly – use gluten free oats and sunflower butter

😊 Little helpers: Kids can help choose which combination to make and will love using their hands to mix and shape the cookies. Allow them to measure and dump the ingredients into the mixing bowl

🍏 Health benefits: These cookies do not have the added sugar and preservatives that the store-bought kind do. They are a good source of fiber to help with good digestion. The fiber in addition to the protein and healthy fats found in these cookies help to keep kids satisfied.