

# Breakfast Cookies

## Entrée/Dessert



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

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Serves: 18

**Items Needed:** medium bowl, measuring cups, measuring spoons, spatula, baking sheets, silicone baking mats (optional)

### Ingredients:

- 2 bananas
- 2 cups oats
- 1 cup peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup walnuts, preferably toasted
- 1/4 cup almonds, preferably toasted
- 1 cup blueberries

### Directions:

1. Preheat oven to 325°F. Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
2. Add everything but blueberries to a large bowl and mix together with a rubber spatula or wooden spoon until combined; gently mix in blueberries.
3. Scoop mounds of dough, about 1/4 cup each, onto baking sheets. 6 cookies per baking sheet since they are large. The cookies won't spread much in the oven, gently press the mounds down to create a disc.
4. Bake for 18-21 minutes until lightly browned on the sides.
5. Remove from the oven and let cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.
6. Cookies will stay fresh in an airtight container at room temperature for up to 1 week.

### Nutrition Information (per 1 cookie):

Calories: 180 Fat: 10 g Carbs: 19 g Protein: 5 g Fiber: 2 g Sodium: 95 mg

*Chef Stephanie Urrutia, RD, LD, Sr. Culinary Educator  
Nutrition Services  
stephanie.urrutia@osumc.edu*