

Zucchini Breakfast Cookies Recipe

These breakfast cookies are a substantial and delicious addition to breakfast. Great for grab-and-go, they're a favorite way to incorporate zucchini and other nutritious ingredients in cookie form!

🕒 Prep: 10 mins Cook: 15-17 mins Total: 25 mins

👤 Servings: 12 cookies

1x

2x

3x

INGREDIENTS

- 2 cups quick-cooking oats (not instant)
- 1 cup all-purpose flour (use gluten-free, if needed)
- ½ cup lightly packed brown sugar
- ¼ cup ground flax meal
- 2 teaspoons ground cinnamon
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon fine salt
- ½ cup unsweetened applesauce
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- ⅓ cup chocolate chips (use dairy-free if needed)
- ⅓ cup chopped walnuts (may sub chopped or sliced almonds)

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper; set aside.
2. In a mixing bowl, stir together the oats, flour, brown sugar, flax meal, cinnamon, baking powder, baking soda, and salt.
3. Add the applesauce, eggs, and vanilla. Stir together, then add the shredded zucchini, chocolate chips, and walnuts; gently fold them into the batter.
4. Scoop the batter into 12 large mounds (about ¼ cup each) on a prepared baking sheet, shaping the dough into round shapes and flatten each one slightly.
5. Bake for 15-17 minutes or until bottoms are light brown and centers are set.
6. Remove from the oven and let cool on the baking sheet for 5 minutes before removing to a cooling rack to cool completely.

NOTES

For gluten-free flour, I like Bob's Red Mill 1-to-1 baking flour

NUTRITION INFORMATION

Serving Size: Per cookie Calories: 210 Fat: 6 g (Sat Fat: 1 g) Sodium: 224 mg
Carbohydrate: 35 g (Fiber: 4 g Sugar: 13 g) Protein: 5 g Cholesterol: 28 mg

DIETARY

Dairy-Free Gluten-free Vegetarian

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