

Apple Cinnamon Breakfast Oat Cookies

These breakfast cookies are both healthy AND delicious. They're freezer-friendly and make an excellent option for breakfast on the go or an afternoon snack whenever you need them.

🕒 Prep: 10 minutes Cook: 15 minutes Total: 25 minutes



Servings: 10 cookies

1x	2x	3x
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INGREDIENTS

- 1¼ cup old-fashioned rolled oats
- ¾ cup quick-cooking oats (may substitute ¾ cup old-fashioned rolled oats)
- 2 Tbsp. ground flax seed (optional)
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ⅓ cup plain or vanilla Greek yogurt (may substitute unsweetened applesauce)
- ¼ cup unsalted butter, softened (may substitute coconut oil for dairy-free)
- 3 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1 cup finely diced apple (about 1 small apple) or ⅓ cup chopped dried apple rings
- ⅓ cup raisins and/or dried cranberries (optional)
- ¼ cup chopped walnuts (optional – omit for nut-free)

*May substitute: 1 1/4 teaspoon of apple pie spices

INSTRUCTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper, set aside.
2. In a large bowl, mix together the oats, ground flax (optional), cinnamon, nutmeg, ginger, baking powder, salt, eggs, yogurt, butter, maple syrup, and vanilla. Stir until well combined.
3. Fold in apples, raisins or dried cranberries, and walnuts (optional).
4. Scoop the cookie dough with a ¼ cup measuring cup and drop onto baking sheet. Flatten to about ½-inch thickness (10-12 cookies).
5. Bake cookies for 15-18 minutes or until cooked through and edges are golden brown and slightly crisp. Transfer to a wire rack to cool before storing in an airtight container.

NOTES

Pro tip: Store in an airtight container in the fridge for up to 1 week. This recipe is perfect for weekend meal preps and is freezer-friendly.

NUTRITION INFORMATION

Serving Size: 1 cookie (with optional ingredients) **Calories:** 175 **Fat:** 8 g (**Sat Fat:** 3 g)
Sodium: 160 mg **Carbohydrate:** 23 g (**Fiber:** 2 g **Sugar:** 5 g) **Protein:** 4 g

DIETARY

Gluten-free **Nut-free** **Vegetarian**

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