



Blueberry Courgette Breakfast Cookies

8 servings

45 minutes

Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Courgette (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and courgette.
- 3 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!