
Vegan Morning Glory Breakfast Cookies

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Makes 15 large or 20 medium cookies

Ingredients:

- 1 flax egg (1 tablespoon ground flaxseed with 3 tablespoons water)
- 3/4 cup quick-cooking oats
- 1/2 cup rolled oats
- 3/4 cup spelt flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 1/4 cup apple sauce
- 1/3 cup honey or maple syrup
- 1/2 cup melted coconut oil
- 1/2 cup grated carrot
- 1/2 cup grated apple
- 1/4 cup coconut flakes
- 1/4 cup pumpkin seeds
- 1/2 cup chopped pecans
- 1/4 cup golden raisins

Instructions:

1. Pre-heat the oven to 375F or 180C. Prepare 2 baking sheets with parchment paper or a silicone baking mat.
2. Mix the ground flax seed with the water until you get a thick paste. Set aside.
3. In a large bowl, mix the flour, oats, soda, salt and cinnamon. In a medium bowl mix together the flax mixture, vanilla, apple sauce, honey and oil. Add the carrot and apple and just mix to incorporate. Add the liquid mixture to the dry ingredients and fold in, adding the coconut flakes, seeds, pecans and raisins in the last few strokes.
4. Scoop up the batter using an ice cream scoop – you will get 15 cookies if using a large ice cream scoop, and 20 cookies if you use a medium ice cream scoop. Place them on the prepared baking sheet, making sure to keep some space between them. Press down lightly with wet fingers to flatten slightly.
5. Bake for 15-17 minutes. Let cool. but only for a little as they taste amazing warm. Enjoy!