

Blueberry Chia Breakfast Cookies



Licking Memorial Hospital | Culinary Services

Nutrition Facts

Serving Size 2 Each (100g)
Serving Per Container: 1

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Values*

Total Fat 8g **12%**

Saturated Fat 7g **33%**

Trans Fat 0

Polyunsaturated Fat 0

Monounsaturated Fat 0

Cholesterol less than 5 milligrams **0%**

Sodium 95mg **4%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 3g

Vitamin A 0% • Vitamin C 6%

Calcium 6% • Iron 4%

Vitamin E 0% • Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Blueberry Chia Breakfast Cookies (12 Cookies)

Ingredients:

- 1 1/4 cup plus 1 1/3 cups rolled oats, divided
- 1 tsp baking soda
- 2 tbsp ground flaxseed
- 1/4 cup unsweetened applesauce
- 1 cup mashed ripe banana, measured after mashing
- 3 tbsp coconut oil
- 3/4 cup blueberries
- 1/4 cup maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon

Directions:

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Grind the 1 1/3 cups of rolled oats in the food processor until fine, about 3 to 4 minutes. In large bowl, combine and mix the oat flour, remaining rolled oats, baking soda, salt flaxseed and cinnamon. Add the applesauce, mashed banana, coconut oil, maple syrup, and vanilla extract. Mix until just combined. Carefully fold in the blueberries. Using a 2 oz scoop, portion the dough evenly onto the baking sheet. Gently press down on each portion of dough, slightly flattening it. Bake for 12 to 13 minutes, or until the edges are brown and the tops of the cookies are set.