

Tahini Banana Breakfast Cookies



These healthy banana breakfast cookies are perfect! Made with a blend of oats, quinoa, banana and tahini they're high protein, vegan, and low sugar too!

Course	Breakfast, Snack
Cuisine	American
Keyword	coconut, healthy cookies
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	12 Cookies
Calories	134kcal

Ingredients

- 1/2 cup [tahini](#) or nut butter of choice
- 1/4 cup [maple syrup](#) or maple syrup
- 1 medium ripe banana mashed
- 1 [flax egg](#)
- 1 teaspoon [vanilla](#)
- 3/4 cup [gluten-free oats](#) or oats of choice
- 1/2 cup [cooked quinoa](#)
- 1 teaspoon [baking powder](#)
- Pinch of salt
- 1/4 cup [shredded coconut](#) (optional)
- 1 tablespoon [chia seeds](#) (optional)

Instructions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. Add tahini, syrup, banana, flax egg, and vanilla in a large bowl. Mix until combined. Add oats, quinoa, baking powder and salt to the bowl and stir together. Fold in the coconut and chia seeds if using.
3. Spoon 2 tablespoons of dough onto the baking sheet and repeat until no dough remains.
4. Bake cookies on center rack for 15 - 18 minutes until edges are golden brown. Remove and let cool on the pan for 5 minutes then transfer to a wire rack and cool completely.
5. Enjoy at room temp or slightly reheated in a microwave.

Nutrition

Serving: 1g | Calories: 134kcal | Carbohydrates: 16g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Sodium: 11mg | Potassium: 179mg | Fiber: 2g | Sugar: 6g | Vitamin A: 13IU | Vitamin C: 1mg | Calcium: 48mg | Iron: 1mg