



BUTTERSCOTCH OATMEAL COOKIES

Makes 12 servings | Serving size: 1 cookie

PREP TIME
10 min

COOK TIME
12 min

TOTAL TIME
22 min

Want to treat yourself to a cookie that has nutritional value? Full of whole grains and studded with butterscotch chips, these cookies are a delicious lunchtime treat!



Ingredients

- 1 banana, mashed
- 1 egg
- 2 tablespoons coconut oil (or butter)
- 1 tablespoon flax meal
- 2 tablespoons pure maple syrup
- ¼ cup coconut sugar (or regular sugar if not available)
- 1 teaspoon cinnamon
- 1 cup whole wheat flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup rolled oats
- ½ cup butterscotch chips

Directions

1. Combine the banana, egg, coconut oil, flax meal, maple syrup, and coconut sugar (or regular sugar) in a mixing bowl.
2. In a separate bowl, whisk together the cinnamon, whole wheat flour, baking soda, baking powder, and salt.
3. Mix the dry ingredients with the wet ingredients and stir until combined.
4. Add the oats and butterscotch chips and stir until incorporated.
5. Bake at 350°F for 12 minutes, cool, and enjoy!