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One Bowl, Gluten & Sugar FREE Breakfast Cookies

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Sometimes we need something simple! Something that allows us to savor the moments of real life, the meaning of real living in most mundane of days.

That's what I needed when I was working on this recipe. Not only was I looking for a way to spend the day with my girls rather than in recipe development, but I was searching for something simple for those mornings when the family unit is malfunctioning. (Yes, friends, we get into full-on malfunction mode from time to time...maybe you know a little something about that, too??)

Yeah, I needed a little respite yet wanted to create an easy recipe to reflect what I was going through in my simplicity-seeking soul!

Rather than get into all the gory details, I'll make this simple for you, too! It's all done in one bowl, without any fancy kitchen tools. It's even the perfect recipe to get your kids in on because [kids in the kitchen](#) [1] actually means so much more than what's in the food, you know. It's about time and what's going on in their minds!

So this time, perhaps a bit uncharacteristic for my food-loving, ingredient experimenting style, here's a [simple solution](#) [2] to a fast-paced week when you just need to savor some time.

Here's another very simple snack if you're on a streak!: [Roasted chickpeas](#) [2]

Recipe category

[Food Fit for the Morning](#) [3]

[Snacks and This & That](#) [4]

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Ingredients

- 2 medium to large ripe bananas, mashed
- ½ cup unsweetened applesauce
- OPTIONAL: ¼ cup pure maple syrup if you want them a bit sweeter
- ½ cup coconut flour
- ¾ cup almond meal
- ¼ cup tapioca flour
- ¾ cup almond butter (or you can use peanut butter)
- ½ cup shredded, unsweetened coconut
- ½ cup dark chocolate chips OR dried fruit (unsulphured)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon cinnamon

Recipe Instructions

- Preheat oven to 350 degrees and prepare cookie sheets with parchment paper.
- Combine ALL ingredients in a bowl. Mix well.
- Scoop batter on prepared pans, approximately 2 tablespoons per cookie.
- Bake for 12 to 15 minutes. Cool completely and enjoy! Pack cookies you won't eat within a couple of days into an airtight container and freeze for future mornings (or snacks!).

Featured Image



Gallery



Recipe Description

I'm keeping it real here on Happily Whole with these little bite sized breakfast cookies. When you need something fast, these are a perfect grab-n-go nourishing morning food in the shape of a cookie. Only very mildly sweet, they won't spike your blood sugar to start the day. And the blend of ingredients give you nutrients from fruit and fiber to plant-based protein to keep you full longer.

Source URL: <https://www.livinghappilywhole.com/content/one-bowl-gluten-sugar-free-breakfast-cookies>

Links

- [1] <https://www.livinghappilywhole.com/articles/kids-kitchen/stirring-pot>
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