Vegan Breakfast Cookies: Oatmeal Banana Nut Bliss

Hearty oats and ripe banana baked to a chewy golden finish



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	18 min	33 min	24 cookies	165 kcal

Ingredients

- 200 g rolled oats
- 120 g all-purpose flour, use gluten-free flour for an allergy-friendly option
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 tsp ground cinnamon, optional
- 80 g ground almond butter
- 80 g mashed ripe banana, about 1 large banana
- 60 g agave syrup
- 1 tsp vanilla extract
- 30 g flaxseed meal
- 30 g sunflower seeds
- 30 g vegan chocolate chips
- 30 g walnut halves
- 15 ml coconut oil, melted

Instructions

1. Prepare the oven: Preheat your oven to 176°C (350°F). Line a baking sheet with a silicone mat or parchment paper to stop the cookies from sticking to the metal.

2. Combine dry ingredients: Whisk the rolled oats, flour, baking powder, baking soda, sea salt and ground cinnamon in a large bowl. Ensure they are evenly distributed so the leavening agents work across the whole batch.
3. Mix the wet base: Mash the banana with a fork until smooth to ensure the dough spreads evenly without lumps. Stir in the almond butter, agave syrup, vanilla extract and melted coconut oil until fully blended.
4. Combine the mixtures: Pour the wet mixture into the dry ingredients and stir until just combined. Do not over-mix, as this develops too much gluten and makes the cookies tough.
5. Fold in additions: Gently fold in the flaxseed meal, sunflower seeds, chocolate chips and walnut halves. Stir until the mixture is uniform and the nuts are evenly spread.
6. Portion the dough: Use a tablespoon to drop rounded portions of dough onto the baking sheet. Space them 4 cm apart to allow for spreading during the bake.
7. Bake the cookies: Bake for 15–18 minutes. Remove them when the edges are lightly golden and the centres feel set but still soft to the touch.
8. Cool and set: Let the cookies sit on the sheet for 5 minutes. This allows the structure to firm up before you transfer them to a wire rack to cool completely.

Notes

How it differs from the traditional methodTraditional breakfast cookies often rely on butter and eggs for structure. This version uses mashed banana and almond butter to bind the ingredients. The result is a softer, denser texture with a natural sweetness. Use the traditional method if you require a crispier, more structured biscuit.

Storing and reheatingKeep the cookies in an airtight container at room temperature for up to 2 days. For longer storage, freeze them in a single layer on a baking sheet before transferring them to a freezer bag for up to 3 months. This prevents the cookies from sticking together.