



Avocado Datmeal Breakfast Cookies

Shine **365**
Marshfield Clinic

PREP TIME: 15 minutes • **COOK TIME:** 20 minutes • **SERVINGS:** 28 cookies

INGREDIENTS

- 3 cups old-fashioned oats
- 1 ½ cups *whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 ripe fresh **avocado
- ⅓ cup brown sugar
- ⅓ cup olive oil
- 1 cup plain, low-fat yogurt
- 2 large eggs
- 2 cups raisins or dates, pitted and chopped

*Keep whole wheat flour refrigerated to extend shelf life.

**Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

Purchase the avocado when it is green and very hard. Let it sit on the counter for a few days to soften; then refrigerate until used. An avocado is ripe when it softens. Cut out small brown spots; a lot of brown discoloration means the avocado has gone bad.

INSTRUCTIONS

Heat oven to 375 degrees F. Line baking sheets with parchment paper.

Combine the oats, flour, baking powder, baking soda, cinnamon and salt in a medium bowl.

Cut avocado in half. Remove seed and scoop flesh out with a spoon. Mash avocado with a fork, then use a blender or mixer to combine oil, avocado and brown sugar, yogurt and eggs. Stir in raisins or dates.

Add oat mixture to avocado mixture and stir until combined.

Using a ¼-cup measure, transfer the mixture onto lined baking sheets, spacing the cookies two inches apart. Bake for 18 to 22 minutes, until golden. Transfer to wire racks to cool completely.

NUTRITION INFORMATION

Each serving contains about 150 calories; 24 g carbs; 5 g fat; 1 g saturated fat; 3 g protein; 3 g dietary fiber; 210 mg sodium; 11 g sugar.

Source: avocadocentral.com
Find more recipes at shine365.marshfieldclinic.org