

# Healthy Oatmeal Toddler Breakfast Cookies

By Maria Arnold

These kid friendly breakfast cookies are packed with nutrients and made with only a few simple ingredients. You can also make them gluten free and vegan!

American

gluten free cookies

oatmeal breakfast cookies

toddler cookies



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PREP	COOK	TOTAL	SERVINGS
<b>10 min</b>	<b>10 min</b>	<b>20 min</b>	<b>10</b>

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## Nutrition (per serving)

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CALORIES	PROTEIN	CARBS	FAT
<b>78 kcal</b>	<b>2 g</b>	<b>10 g</b>	<b>3 g</b>
FIBER	SUGAR	SODIUM	
<b>1 g</b>	<b>2 g</b>	<b>7 mg</b>	

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## Ingredients

- 1-1/4 cup gluten free rolled oats
- 1 ripe medium banana (mashed ((about 3.2 oz)
- **1/4 cup** unsweetened applesauce
- **2 tbsp** peanut butter or any nut butter ((I use unsweetened nut butter)

- **1** egg ( or substitute with 1 flax egg)
- **1 tsp** vanilla extract
- **1/4 tsp** ground cinnamon

## **Instructions**

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper, set aside.
2. In a medium bowl, add the oats, mashed banana, applesauce, peanut butter (or any nut butter), egg, vanilla, and cinnamon. Stir until the batter is blended and combined.
3. Use a cookie scoop or spoon to form the 1-½ - 2 tablespoon size cookie balls and place onto the baking sheet. Flatten the cookies so they are all about ½ inch thick.
4. Bake for about 10 minutes or until they are slightly golden around the edges. Remove from the cookie sheet and let cool.