

# Jade's Breakfast Cookies

1 cup almond butter or 275g almonds  
2 ripe mashed bananas  
1/2 tsp cinnamon  
1/4 tsp vanilla powder  
1/3 cup honey (125g)  
2 cups rolled oats  
3/4 cup chopped walnuts  
1/2 cup mixed seeds (I used sunflower, pumpkin and hemp seeds)  
1 cup dried blueberries (or other small dried fruit)  
Pinch salt

Preheat oven to 175 degrees.

If using whole almonds, process until the oils are released and it becomes a thick, but runny paste. If using almond butter add this to the bowl.

Add bananas, honey, cinnamon, vanilla and salt and mix well.

Add the oats, walnuts, seeds and blueberries. Mix until combined.

If using a Thermomix, I use reverse, speed 5/6.

You can make these as big or as small as you like. I have made teaspoon portions and half cup portions.

For teaspoon size, they were cooked in about 12 minutes. But this varies on your oven.

I keep them in sealed containers in the fridge and they last a week or two until we eat them all. I also freeze some and they stay good for a few months.