

# COOKIES FOR BREAKFAST?

**From the Kitchen of:** Suzanne van Appledorn, Community Member

**Preparation Time:** 10 minutes | **Cook Time:** 10 minutes | **Yield:** 48 cookies

**Common Allergens:** Milk, Wheat, Egg, Tree Nuts

Rise and shine! There's nothing like waking up and sinking your teeth into the most important meal of the day... Cookies? According to Suzanne, these recipes are "delicious and healthy enough to have for breakfast!" Featuring carrots, oats, nuts, and grains, this unconventional cookie is a satisfying way to eat more whole, plant-based foods.

Suzanne says this recipe "was a gift from a delightful 87-year-old friend from my childhood who knew how to cook." They love this recipe because, "how often do you add carrots to cookies?"

## INSTRUCTIONS:

- Preheat oven to 350° F.
- In a small bowl, mix the baking soda and sour cream. Set aside.
- In a large mixing bowl, add the sugars, oil, eggs, vanilla extract and salt. Stir.
- Add in the flour and oats, then the coconut, carrot, nuts, chocolate chips, and cereal. Stir to combine.
- Scoop the cookie dough onto a greased cookie sheet, leaving at least one inch of space between the cookies.
- In the preheated oven, bake the cookies for 10 minutes.
- Serve and enjoy!

## INGREDIENTS:

- 1 teaspoon baking soda
- 1 Tablespoon sour cream
- 1 cup brown sugar
- 1 cup white sugar
- 1 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups flour
- 1 cups oats
- 1/2 cups shredded coconut
- 1 cup shredded carrot
- 1/2 cup chopped nuts
- 1 cup chocolate chips
- 2 cups cornflakes, or a combination of cereals of choice

