

My family and I really like these crunchy treats. We eat them for snacks – like homemade energy bars. Great for a take along breakfast or snack. They freeze great in a sealed freezer bag. We hope you like these too.

Breakfast Cookies

Ingredients

1/2 Cup butter softened

(For Dairy Allergy or Intolerance: substitute like Earth Balance Original or Soy Free Buttery Spread or Spectrum Organic All Vegetable Shortening)

1/2 Cup Brown Sugar

1/4 Cup Water

1 tsp Baking Powder

2 eggs (or egg substitute)

1 ¾ Cup Whole Wheat Flour

3 Cups Flake type cereal (This recipe only works with cereal flakes)

1/3 Cup Chocolate Chips (Use Divvies, Vermont Nut Free or Enjoy Life brands for dairy or nut allergy)

1/4 Cup Craisins or Raisins

(To add a little additional protein I often add a tablespoon or two of rice protein powder)

Directions

Turn oven on to 350. Coat baking sheet with spray or use nonstick baking mat or parchment paper. Put butter in mixing bowl and beat for 30 seconds. Add brown sugar, water and baking soda or powder beat until mixed. Beat in eggs add flour and beat until moist. Mix in cereal. If mixture will not pack into ¼ cup measuring cup – looks too dry – I add a little more water. Measure by ¼ cup onto pan and press down to slightly flatten. Place cookies 3 inches apart. Put cookies in oven and bake for @ 10 minutes until edges are a bit browned. Take out of oven and let stand for 5 minutes on sheets until removing to wire rack to cool.

* As always read food labels carefully for allergies and sensitivities. Sometimes labeling and manufacturing changes.