

Recipes and Tips



Cinnamon Sweet Potato Breakfast Cookies

Make approximately 12 cookies

- 1 cup mashed sweet potato (about 1 medium, cooked & mashed)
- 1 ½ cups rolled oats
- ½ cup almond flour (or regular flour)
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp baking soda
- ¼ tsp salt
- ⅓ cup maple syrup, honey or packed brown sugar
- 1 egg
- 2 tbsp melted coconut oil or butter
- 1 tsp vanilla extract
- 1 tsp of flaxseeds or chia seeds (optional)
- ⅓ cup chopped pecans or walnuts (optional)
- ⅓ cup raisins or dried cranberries (optional)

Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.

In a large bowl, mix mashed sweet potato, egg, maple syrup, melted coconut oil, and vanilla extract until smooth.

Stir in oats, almond flour, cinnamon, nutmeg, baking soda, and salt.

Fold in optional chopped nuts and dried fruit.

Scoop about 2 tablespoons of dough per cookie onto the prepared baking sheet and slightly flatten.

Bake for 12–15 minutes, until set and golden on the bottom.

Cool completely on a wire rack—they firm up as they cool.

Cookies are freezer-friendly Cookies are freezer-friendly