LEALOU COOKS

Kids Snacks

Created by Lealou Cooks

Blueberry Zucchini Breakfast Cookies

11 ingredients · 45 minutes · 8 servings

Directions

1. Preheat the oven to 350F. Line a baking sheet with parchment paper.
2. In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
3. In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
4. Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

Notes

Serving Size
One serving is equal to one cookie.

Storage
Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

Muffin Lover
Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

No Zucchini
Use grated carrot instead.

No Coconut Oil
Use butter instead.

No Oat Flour
Use spelt flour or all-purpose flour (gluten-free optional) instead.

Ingredients

1 Banana

1 Egg (large, room temperature)

1/4 cup Coconut Oil (melted)

1 tbsp Maple Syrup

1 Zucchini (small, shredded)

3/4 cup Oat Flour

1 cup Oats (quick or traditional)

1 tsp Baking Powder

2 tbsps Hemp Seeds

1 tbsp Ground Flax Seed

1/2 cup Blueberries (fresh or frozen)

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Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 1 serving

Directions

1. Add all ingredients to a high-speed blender and blend until very smooth.
2. Pour into a glass and serve immediately. Enjoy!

Notes

Ultra Creamy
Use milk instead of water.

Ingredients

1/2 cup Plain Greek Yogurt

1 tbsp Raw Honey

1 Banana (frozen)

1 cup Frozen Raspberries

1 tbsp Ground Flax Seed

1 cup Water

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-Banana Coconut Protein Bars-

7 ingredients · 20 minutes · 12 servings

Directions

1. Preheat oven to 350.
2. Place all ingredients together in a bowl and mix well with a spatula.
3. Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
4. Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
5. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

Notes

Nut free
Make these with sunflower or pumpkin seed butter for a nut free option.

No protein powder
If you don't have or want protein powder, add in more oats or oat flour. Add some hemp seeds for more protein.

Ingredients

1 Banana (mashed)

1 1/4 cups Oats

2/3 cup Unsweetened Coconut Flakes

1/3 cup Raw Honey

1/3 cup Almond Butter

1 tsp Cinnamon

1/3 cup Protein Powder

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