

Zucchini Oat Breakfast Cookies

Ingredients:

- 1 heaping cup zucchini, finely grated
- $\frac{1}{3}$ c. canola oil
- 1 egg, beaten
- $\frac{1}{3}$ c. brown sugar
- 1 tsp. vanilla
- $1\frac{1}{2}$ c. quick oats, divided
- 1 cup wheat flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ c. semi sweet chocolate chips
- $\frac{1}{2}$ c. chopped walnuts, optional

Instructions:

1. Preheat oven to 350°F.
2. Blend one cup of oats in a blender or food processor to make oat flour.
3. Mix together the egg, oil, and vanilla. Add brown sugar and mix again.
4. Add blended and non-blended quick oats, flour, baking powder and soda, salt, cinnamon and nutmeg to a mixing bowl. Mix together.
5. Add the flour mixture to egg mixture until combined.
6. Add the chocolate chips and walnuts then stir well.
7. Add the zucchini and gently mix together.
8. Drop $1\frac{1}{2}$ inch cookie balls on parchment lined baking sheet.
9. Bake for 13-14 minutes until the edges are browned.
10. Cool the cookies on the baking sheet for a few minutes before serving.