

Oatmeal Raisin Breakfast Cookies {Gluten & Dairy free, No refined sugars}

Prep Time

8 mins

Cook Time

22 mins

Healthy, make ahead "cookies" that are perfect for a quick breakfast or snack. Gluten, Dairy, and refined sugar free.

Author: Back To The Book Nutrition

Ingredients

- 2 1/2 cups gluten free oats
- 1/2 tsp [sea salt](#)
- 1/2 tsp baking powder
- 2 eggs
- 1/2 c allowed milk
- 1/2 c oil plus more for oiling muffin tins
- 1/2 c + 2 Tbsp pure maple syrup divided
- 1/2 tsp pure vanilla extract
- 2/3 c raisins or other dried fruit - optional

Instructions

1. Preheat oven to 375 degrees. Use clean fingers or a paper towel to coat 12 muffin tins with olive oil. Set aside.
2. In a large mixing bowl, stir together the first five ingredients (oats through chia).
3. Make a well in the center of the bowl, add the three egg whites and use a whisk to gently beat these without incorporating into the dry mixture.
4. Add remaining ingredients, reserving 2 Tbsp of the maple syrup for later, to the whisked egg, stirring together, then incorporating into the surrounding dry ingredients.
5. When all is well blended, use a spoon to fill each muffin tin with batter. Bake for 20-25 minutes, or until firm. Tops will not brown much.
6. Remove from oven, lightly brush the tops with 2 Tbsp maple syrup, then broil for 1-2 minutes to form a crispy, golden surface (this step is optional, but really adds to the flavor and texture!)