



Breakfast Cookies

As children, most of us asked at some point to have cookies for breakfast only to be denied by loving but firm parents. As teens, most of us HAD cookies for breakfast when those parents weren't looking. Enter the Breakfast Cookie. These big, hunky chunky cookies combine hearty oats, raisins, barley, granola, even a happy handful of chocolate chips. The added fiber from Hi- Maize and the added protein from peanut butter provides a satisfying, tummy filling meal that you can round out with fresh fruit, low fat yogurt or juice for a great start to your day, no matter how old you are.

- 1/2 cup butter, softened
- 1 cup peanut butter
- 1 1/4 cups brown sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- 1/3 cup milk
- 1 1/4 cup King Arthur Unbleached All-Purpose Flour OR King Arthur White Whole Wheat Flour
- 1/3 cup Hi-maize Fiber
- 1/3 cup Baker's Special Dry Milk; or dried milk, whole or non-fat
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 4 1/2 cups total add ins of your choice: Jammy Bits, raisins, coconut, barley flakes, oat flakes, granola, chocolate chips, dried fruit, nuts etc.

Directions

1. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
2. In the bowl of your mixer combine the butter, peanut butter, brown sugar, and vanilla. Beat on medium high speed until lightened and fluffy.
3. Add in the eggs and liquid milk, mix until well combined. Be sure to scrape the bottom and sides of the bowl once or twice.
4. On low speed mix in the flour, Hi Maize fiber, dried milk, cinnamon, and salt. Mix until the dough is cohesive. Add 4 1/2 cups total of your favorite add ins and mix until all are incorporated.
5. Scoop generous 1/4 cup mounds of batter 2 inches apart on the parchment lined sheets. Slightly flatten each mound. This recipe contains no leaveners, so the cookies will only spread and rise slightly.
6. Bake the cookies for 18 to 22 minutes, until lightly browned. Do not over-bake or the cookies will be dry and crumbly. Cool on cookie sheets for 5-8 minutes. Move to a rack to cool completely. Yield: 18 to 20 cookies, depending on size.
7. The nutritional analysis below was made with the following add-ins: 1 cup each: rolled oats, granola, dried cranberries, and chocolate chips, and 1/2 cup of shredded sweetened coconut. Using whole wheat flour adds 1/2 gram of fiber per serving and doesn't change any of the other amounts per serving.



AT A GLANCE

PREP
15 mins. to 20 mins.

BAKE
18 mins. to 22 mins.

TOTAL
33 mins. to 42 mins.

YIELD
18-20 cookies

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Chocolate Espresso Energy Bites

**adapted from King Arthur Flour recipe*

It doesn't take much energy at all to mix together the ingredients for these bite-sized treats. A nut butter for binding, a little honey for sweetness, dried milk for protein and your favorite blend of mix-ins. Breakfast on the go will be a snap with these in the house.

Basic dough

- 3/4 cup nut butter (peanut, almond, sunflower)
- 1 cup rolled oats, old-fashioned or quick
- 1/3 cup honey
- 1/3 cup dried whole milk
- 1 teaspoon vanilla extract
- 3 Tbs espresso powder

Mix-ins

- 1 cup unsweetened coconut, toasted
- 1 cup mini chocolate chips

Directions

1. In a large bowl mix together the nut butter, oats, honey, dry milk, vanilla and espresso powder..
2. Using 2 cups total as your guideline, add in your mix-ins.
3. Use your hands to blend and mix together all the ingredients. If the mixture is a bit dry, you can add more honey; add more oats if the mixture is a bit too sticky. This "recipe" is very flexible; consider it simply a starting point.
4. Using your hands, two spoons or a tablespoon cookie scoop, portion the dough out to the size of ping-pong balls. Place on a parchment-lined sheet pan to rest and firm up for about 20 minutes.
5. Store in an airtight container in the fridge for up to 2 weeks. These are great for breakfast with a glass of milk or juice.
6. Yield: Approximately 2 dozen bites.



Coconut Quinoa Energy Bars

**adapted from King Arthur Flour recipe*

Crunchy, chewy, and flavorful, they're a satisfying way to energize your day. There are many variations and ways to tailor these bars to your family's specific tastes. Almond butter with sliced almonds and cranberries; peanut butter with chocolate chips and peanuts; or our favorite, unsalted peanut butter with cranberries, dried apples, and pecans.

- 1 1/2 cups old-fashioned rolled oats
- 1/2 cup cooked quinoa, cooled
- 1/4 cup whole flax meal
- 1/2 cup unsweetened shredded coconut
- 1/3 cup dried dates, chopped.
- 1 large egg white
- 1/2 cup honey
- 1/2 cup peanut (or almond) butter
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon

Directions

1. Preheat the oven to 325°F. Grease an 8" x 8" pan, or line it with parchment.
2. Toss together the oats, quinoa, flaxseed meal, chia seeds, dried fruit, and egg white in a medium-mixing bowl until thoroughly combined.
3. Warm the honey, nut butter, salt, and cinnamon in a small saucepan over medium heat, stirring constantly until well blended. Don't let it boil, just let it get warm and fluid enough to blend easily with the dry ingredients, 2 to 3 minutes.
4. Pour the honey mixture over the dry ingredients and mix until everything is coated.
5. Press the mixture into the prepared pan.
6. Bake the bars for 23 to 25 minutes, or until the oats on the edges start to turn golden brown. Remove them from the oven and let them cool completely before serving.
7. To serve, cut into squares.
8. Yield: 9 bars.

Tips from our bakers

- These bars can easily be made vegan. Mix 1 tablespoon of the flaxseed meal (listed in the dry ingredients) with 3 tablespoons of water in a separate dish and allow to rest for 10 minutes, until the mixture becomes gel-like. Substitute this mixture for the egg in your recipe.
- If you're using salted peanut butter, reduce the salt in the recipe to 1/8 teaspoon.



Gluten-Free Chewy Granola Bars

These chewy-style granola bars are quick and easy to make and can be custom-made to suit your flavor preferences. They're the perfect take-along snack to keep you energized for your favorite activities.

- 1 2/3 cups quick rolled oats
- 1/2 cup oat flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon, optional
- 2 to 3 cups dried fruits and nuts
- 1 teaspoon vanilla extract
- 6 tablespoons melted butter or vegetable oil
- 1/3 cup honey, maple syrup, or corn syrup
- 1 tablespoon water

Directions

1. Preheat the oven to 350°F. Lightly grease a 9" x 13" pan.
2. Stir together all the dry ingredients, including the fruit and nuts.
3. In a separate bowl, whisk together the vanilla, melted butter or oil, honey or syrup, and water.
4. Toss the wet ingredients with the dry until the mixture is evenly moistened.
5. Spread the mixture in the prepared pan, and pat down gently.
6. Bake the bars for 25 to 30 minutes, until they're golden brown around the edges.
7. Remove the bars from the oven, loosen the edges, and cool for 5 minutes.
8. Use a knife (or bench knife) to cut the bars while they're still warm in the pan; remove from the pan, and cool on a rack.
9. Wrap the bars individually to store. Alternatively, store the bars in layers with parchment in between; or place them in a single layer on a plate, and cover with plastic. In humid weather, it's best to store bars in the refrigerator. For longest storage, put individually-wrapped bars in the freezer.

Tips from our bakers

- For granola bars with a hint of peanut flavor, add 1/3 cup peanut butter to the dry ingredients along with the other wet ingredients.
- For a crunchier bar, increase sugar to 1/2 cup.



AT A GLANCE

PREP
10 mins.
BAKE
25 mins. to 30 mins.
TOTAL
40 mins.
YIELD
20 bars

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Pumpkin Maple Oatmeal Energy Bars

These energy bars rely on whole grains, beans, and nuts to give you the energy you need for a long hike. No refined flours, low in sugar, and high in fiber. These bars are a low-glycemic alternative to the common high sugar and carb grocery store bars.

- 1 can garbanzo beans, strained and rinsed
- 1/2 cup canned pumpkin
- 1/2 cup maple syrup (I filled the 1/2 cup measure cup 1/3 full with pumpkin and poured maple syrup in to make 1/2 cup).
- 10+ drops stevia (if desired for more sweetness)
- 1 tsp. pumpkin pie spice (for stronger flavor – add more to taste)
- 1/4 tsp. sea salt
- 1 1/2 cups old fashioned oats
- 1 cup almond flour
- 1/2 cup coconut + 1/2 cup raisins
- 1/2 cup water (this may not be necessary for you, add water sparingly at end to achieve good consistency)

Directions:

In a food processor, combine beans, pumpkin, maple syrup, stevia (if desired), pumpkin pie spice, and salt until smooth. Add the oats and almond flour and pulse just to combine. Add shredded coconut and raisins and pulse again just to combine. If the consistency seems spreadable, you're good. If it's too dry, add 1/4 cup of water; if it's too runny, add an additional 1/4 cup of the dry base ingredient.

Grease 13×9 pan with baking spray or rub with 1 tablespoon oil, then spread mixture into pan. Bake at 350 degrees for 15-18 minutes.

Note: You'll have the most success if you use unsalted, unsweetened versions of the ingredients, and control the sweetness and saltiness through the sweetener and added salt.

* For more recipes like this visit, <http://diabeteslight.com/energy-bars-delicious-diabetes-friendly/>

Sweet-and-Salty Parmigiano Reggiano Energy Bars

** adapted from Whole Foods Market recipe*

Elevated by savory grated Parmigiano Reggiano, these snackable granola squares are packed with coconut "bacon bits" and naturally sweetened with honey and dried fruit. Energy bars can be a little bit savory too!



Ingredients:

- 2 tablespoons coconut oil at room temperature, plus a little more for pan
- 2 cups rolled oats
- 3/4 cup dried currants or raisins
- 3/4 cup grated Parmigiano Reggiano cheese
- 1/2 cup honey
- 1/2 cup coconut "bacon bits" (recipe below)
- 1/4 cup unsweetened applesauce
- 1/4 teaspoon kosher salt

Method:

Preheat the oven to 350°F. Lightly oil an 8-inch-square baking dish. In a large bowl, stir together coconut oil, oats, currants, cheese, honey, coconut "bacon bits", applesauce, and salt until well incorporated. Transfer to the prepared dish and spread out evenly, pressing down very firmly with the back of a spoon. Bake until deep golden brown and firm, 25 to 30 minutes. Cool completely and then cut into squares and serve. Store in an airtight container at room temperature for up to 5 days.

Coconut "Bacon Bits"

** From Bob's Red Mill*

Ingredients

- 3 cups [Coconut Flakes](#) (Bob's Red Mill)
- 2 Tbsp [Gluten Free Soy Sauce](#)
- 2 Tbsp [Molasses](#)
- 2 Tbsp [Liquid Smoke](#)
- 1 Tbsp [Extra Virgin Olive Oil](#)
- 1 Tbsp [Cider Vinegar](#)

Instructions

1. Preheat oven to 325°F. Line a rimmed baking sheet with parchment paper, a silicon pad or spray with pan spray.
 2. Whisk together soy sauce, molasses, liquid smoke, olive oil and vinegar. Add Bob's Red Mill Coconut Flakes and mix well. Let sit for 10 minutes so the coconut absorbs all the liquid.
 3. Spread coconut in an even layer on the prepared baking sheet.
 4. Bake at 325°F until deeply toasted, about 15 – 20 minutes. Stir often! (About every 3 – 5 minutes.)
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5. Let "bacon" bits cool completely then store in an airtight container. They can easily be re-crisped in a low oven for 5 minutes.

Recipe Notes

**This recipe is wheat free but may contain traces of gluten.

Serve this smoky vegan treat on salads, baked potatoes, sauteed greens or in a savory snack mix or popcorn!