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Description

Start your morning with a wholesome, cozy treat that feels like dessert for breakfast. These soft-baked peanut butter banana oat breakfast cookies bring together sweet ripe bananas, rich creamy peanut butter, and hearty rolled oats. They deliver a satisfying chewy texture and rich nutty flavor that makes getting out of bed something to look forward to.

These cookies are crafted to support your fitness routine while serving as a reliable high protein breakfast or meal prep option. By balancing complex oats with natural peanut butter and protein powerhouses, they keep net carbs controlled while maximizing daily protein intake. Enjoy a clean, convenient option that fuels your body without spiking your sugar levels.

Can This Peanut Butter Banana Oat Breakfast Cookie Support Weight Loss Goals?

Yes, these cookies support weight loss goals by pairing dietary fiber from oats and bananas with healthy fats and protein from peanut butter. This combination promotes long-lasting

satiety, reducing the urge to snack between meals. They provide a portion-controlled, nutrient-dense breakfast alternative to sugary commercial pastries.

Does Peanut Butter Banana Oat Breakfast Cookie Fit a High Protein Lifestyle?

These breakfast cookies fit right into a high-protein lifestyle by incorporating natural peanut butter, rolled oats, and an optional boost of your favorite protein powder. With roughly 6g of net carbs and 10g of protein per serving, they help meet daily macro targets efficiently. They use clean pantry ingredients like ripe bananas to deliver natural sweetness while offering structured protein support for active individuals.

My Personal Experience

- Ultimate On-the-Go Fuel: Grabbing two of these baked cookies on busy mornings keeps energy steady through long commutes.

  The texture stays perfectly soft and satisfying without crumbling all over your car or workspace.

- Effortless Meal Prep Routine: Making a double batch on Sunday takes under half an hour and covers breakfast for the entire week.

  They hold their fresh-baked peanut butter flavor extremely well in air-tight glass containers.

Perfect For:

Ideal for a quick high protein breakfast, post-workout refueling, high protein snacks during afternoon slumps, low carb meal prep, portable travel food, and high protein desserts after dinner.

Why You’ll Love This Recipe:

- Naturally Sweetened & Chewy: Ripe bananas provide natural sweetness and moisture without relying on refined sugars or syrup.

Every bite delivers a dense, soft-baked texture that satisfies sweet cravings cleanly.

- Simple One-Bowl Preparation: You only need a single mixing bowl and basic pantry staples to bake a fresh batch.

  It keeps cleanup fast and effortless while yielding nutrient-dense breakfast options.

- Highly Customizable Macros: Easily adjust the protein and carb ratios by tossing in hemp seeds, chia seeds, or scoops of unflavored whey.

  It adapts seamlessly to fit whatever specific nutritional targets your daily plan requires.

Common Mistakes to Avoid:

1. Using Underripe Bananas: Green or firm bananas lack the natural sugars and moisture needed to hold the cookie dough together.

2. Over-baking the Cookies: Leaving them in the oven too long turns the soft, chewy interior dry and crumbly.

3. Skipping the Dough Rest: Baking immediately without letting the oats absorb moisture results in a looser, wet cookie structure.

4. Using Liquid Peanut Butter: Extremely runny natural peanut butter can make the dough overly greasy; stick to well-stirred, creamy varieties.

Required Equipment:

- Baking Sheet & Parchment Paper: Prevents sticking and ensures effortless release without needing extra butter or oils.

- Large Mixing Bowl & Fork: Ideal for thoroughly mashing bananas and combining dense peanut butter dough smoothly.

- Cookie Scoop (2-inch): Ensures uniform cookie sizing so that every piece cooks at the exact same rate.

Storage Instructions:

Store cooled leftover cookies in an airtight container lined with a paper towel in the refrigerator for up to 5 days. For long-term storage, freeze individual cookies wrapped tightly in parchment paper inside a freezer-safe bag for up to 3 months. Thaw at room temperature for 10 minutes or microwave briefly to restore their warm, soft-baked texture while keeping their high protein nutritional integrity intact.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 12 minutes
- Total Time: 22 minutes
- Servings: 8 cookies (4 servings of 2 cookies each)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~240 kcal (Approximate estimate for 2 cookies)

Enjoy soft, chewy breakfast cookies packed with warm peanut butter flavor and wholesome oats for a clean morning start. These fast, portion-controlled treats make meeting your daily high protein nutrition goals completely delicious.

 Ingredients:

- 2 medium ripe bananas *(mashed thoroughly until smooth)*
- 1/2 cup creamy natural peanut butter *(unsweetened, well-stirred)*

- 1 cup rolled oats *(certified gluten-free if needed)*
- 1 scoop (approx. 30g) vanilla or unflavored protein powder
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- 2 tbsp dark chocolate chips *(optional flavor boost; use sugar-free for lower carbs)*

Directions:

1. Preheat & Prep: Preheat your oven to 350°F (175°C) and line a large baking sheet with parchment paper.
2. Mash & Mix Wet: In a large bowl, mash the ripe bananas thoroughly with a fork, then whisk in the creamy peanut butter and vanilla extract until smooth.
3. Combine Dry & Fold: Stir in the rolled oats, protein powder, ground cinnamon, and salt; fold until a thick, uniform dough forms, then gently fold in chocolate chips if using.
4. Scoop & Shape: Scoop 8 equal portions onto the parchment paper and flatten each gently into a cookie shape, as these cookies will not spread much while baking.
5. Bake & Cool: Bake on medium rack for 10–12 minutes until the edges are set and slightly golden; cool on the pan for 5 minutes before transferring to a wire rack.

Nutrition Facts (Per Serving – Approximate):

- Calories: 240 kcal
- Fats: 11g

- Cholesterol: 0mg
- Sodium: 140mg
- Potassium: 320mg
- Total Carbohydrates: 24g
- Fiber: 4g
- Net Carbs: 20g
- Sugars: 7g
- Protein: 10g
- Calcium: 45mg

Notes:

- Storage: Keep refrigerated in an airtight container for up to 5 days or freeze for up to 90 days.
- Reheating: Warm in the microwave for 10–15 seconds to enjoy that fresh-out-of-the-oven softness.
- Allergy Info: Dairy-free if using plant-based protein powder; for peanut allergies, swap peanut butter with sunflower seed butter or almond butter.
- Flavor Boost: Add a tablespoon of chia seeds, ground flaxseed, or chopped walnuts for extra crunch and healthy omega-3 fats.