



Buzzy Breakfast Cookies



Entire recipe (3 cookies): 195 calories, 5g total fat (2g sat. fat), 150mg sodium, 32g carbs, 5.5g fiber, 8g sugars, 9.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 1/3 cup old-fashioned oats
- 1 1/2 tbsp. vanilla protein powder with about 100 calories per scoop
- 1/4 tsp. baking powder
- 1/8 tsp. cinnamon
- 3 tbsp. unsweetened applesauce
- 12 [Nudge. Coffee Bombs](#) (any flavor), crushed

Directions

Line an air fryer with parchment paper, leaving room for air to circulate.

In a medium bowl, combine oats, protein powder, baking powder, and cinnamon. Mix well. Add applesauce, and mix until uniform.

Fold in crushed Coffee Bombs. Form three 2-inch cookies, and place them on the parchment paper in the air fryer.

Set air fryer to 300°F. Cook until a toothpick inserted in the center of a cookie comes out clean, about 10 minutes.

MAKES 1 SERVING

Oven Alternative: Bake at 375°F until golden brown, about 12 minutes.

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