

SPICED APPLE COOKIES



Prep time: 15 Minutes
Cook time: 15 Minutes
Total time: 30 Minutes

Makes 15 Cookies

Ingredients:

- 1 cup **Rolled Oats**
- 1 cup **Oat Flour** (see notes)
- 1/2 cup **Coconut Brown Sugar** (or sweetener of choice)
- ¼ tsp **Salt**
- ¼ tsp **Baking Powder**
- ¼ tsp **Ground Ginger**
- ¼ tsp **Nutmeg**
- 1 tsp **Cinnamon**
- 2 Tbsp **Flax Meal**
- ¾ cup **Sugar Free Applesauce** (see notes)
- 1/2 cup **Chopped Walnuts**

Instructions:

1. **MIX:** Preheat the oven to 350°F. In a medium bowl, add the rolled oats, oat flour, sugar, salt, baking powder, spices, and flax meal, and mix everything together thoroughly. Add in the applesauce and walnuts, mix to combine. If the dough seems too dry and crumbly, add in an extra Tablespoon of applesauce.
2. **BAKE:** Using an ice cream scoop or a spoon, scoop out 1½ in dough balls and place them onto a baking tray lined with a Reusable Silicone Baking Mat. Lightly press down on the dough to spread it out more, leaving it to be about a ½ inch thick. These cookies don't spread much on their own, so they can be placed fairly close together. Once all the dough is on the mat and flattened out, place the tray into the oven and bake for 12–15 minutes.
3. **ENJOY:** The cookies are done when the top feels firm but not dry or crunchy. Take them out of the oven and allow them to sit for 5 minutes before moving to a cooling rack. These can be eaten warm or once cooled, whichever you like! Allow them to cool fully before transferring to an airtight container, these will keep for 5–7 days, but taste best fresh!

Notes:

- **Homemade Oat Flour** – Oat flour is incredibly easy to make at yourself at home. All you have to do is throw some oats in a food processor or blender until finely ground, and you're good to go!
- **Using Sugar Free Applesauce** – Applesauce is incredibly easy to make yourself at home, and doesn't require any sugar to be added since the fresh fruit is so sweet! If you end up using premade applesauce with sugar, leave out the sugar in the recipe and taste the dough before baking. If it needs more sweetness, you can add in the sugar, and if not, bake away!