

## Apple Oatmeal Cookies

*Finding ways to make sweets with whole foods and quality ingredients is one of my favorite things to do. These chewy apple cookies are for EVERYONE; dairy free for those who are lactose intolerant, gluten free for those with Celiac, and vegan for those who follow a vegan regime. The cinnamon, nutmeg, and apple give these a warm flavor you will love; perfect for a snack on the go or a dessert after a meal.*

### **Ingredients:**

2 cups	Oat flour (for those who eat gluten, you can use spelt or all-purpose; can also use 1 cup oats with 1 cup gluten-free flour)
1 tsp	Baking soda
½ tsp	Salt
2 tsp	Ground cinnamon
½ tsp	Ground nutmeg
1 cup	Coconut palm sugar (you can also use unrefined sugar)
½ cup	Almond milk, unsweetened
1 tsp	Vanilla extract
4 tbsp	Oil of choice
1 medium	Sweet apple (i.e. Honeycrisp, Gala, Fuji), peeled, cored and diced into small pieces

### **Optional Glaze**

½ cup	Powdered sugar
½ tsp	Vanilla extract
2 tsp	Almond milk

### **Directions:**

1. Preheat oven to 325 degrees F.
2. Whisk together dry ingredients (flour, baking soda, salt, cinnamon, nutmeg, and sugar)
3. Add in wet ingredients (milk, vanilla extract, oil). Mix until a dough is formed.
4. Fold in the diced apples. Chill dough by placing in the freezer for 15-20 minutes.
5. Grease a baking sheet. Roll 24 balls and space evenly on the baking sheet, giving a little room between each ball.
6. Bake for 10 minutes.
7. Prepare the glaze (optional) while the cookies bake by whisking together the glaze ingredients in a small bowl. Whisk until smooth.
8. When you take cookies out, they will look underdone; that's okay. Take a fork and press down each cookie until slightly flattened. Drizzle optional glaze over the top and let cool for 10 minutes, which will allow the cookies to firm up.

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Nutrition Facts		
Serving Size: 1 Cookie		
Amount Per Serving	% Daily Value*	
Calories	64 kcal	3 %
<b>Total Fat</b>	3 g	5 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	105.9 mg	4 %
<b>Total Carbohydrate</b>	8.1 g	3 %
Dietary Fiber	1.3 g	5 %
Sugars	1 g	
<b>Protein</b>	1.4 g	3 %
Vitamin A	0 % • Vitamin C 1 %	
Calcium	2 % • Iron 3 %	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

Servings: 24 cookies  
 Serving size: 1 cookie (no glaze)