

Apple Spice Oatmeal Cookies

11 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
3. In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
4. Add the wet mixture to the dry and mix well to form a dough.
5. Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

Notes

Apple Size

For this recipe, one apple is equal to approximately one cup of finely diced apple.

Leftovers

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

Nut-Free

Use pumpkin or sunflower seeds instead of walnuts.

Serving Size

One serving is equal to one cookie.

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsps Baking Powder
- 1 tbsps Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

Nutrition

Amount per serving

Calories	223	Vitamin D	3IU
Fat	12g	Vitamin E	0mg
Carbs	27g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0mg
Sugar	8g	Niacin	0mg
Protein	3g	Vitamin B6	0mg
Cholesterol	16mg	Folate	8µg
Sodium	137mg	Vitamin B12	0µg
Potassium	72mg	Phosphorous	77mg
Vitamin A	33IU	Magnesium	20mg

Courtney Cox

<http://www.AwakenYourHealth.Org>



Vitamin C	1mg	Zinc	1mg
Calcium	64mg	Selenium	4µg
Iron	1mg		