

Apple Spice Oatmeal Cookies

11 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 350F 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 tbsp 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)