



Apple Cookies

Ingredients:

- ½ cup apple sauce
- ½ cup honey
- 1 egg, beaten
- 1 teaspoon vanilla extract
- ¾ cup whole wheat flour
- 1 ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- 1 ½ cup quick-cooking oats*
- 1 apple, chopped

Instructions:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine applesauce, honey, egg and vanilla. Stir until smooth.
3. Combine whole wheat flour, baking soda and cinnamon in a small bowl. Stir into the wet mixture. Mix in oats and apples.
4. Form tablespoon size drops and place on a nonstick -baking sheet. Bake cookies for 8 to 10 minutes. Allow the cookies to cool before serving.

Variations:

- Use different types of apples such as fuji, gala, granny smith, red delicious and pink lady.
- Glaze with honey or powdered sugar.
- Swap ½ cup apple sauce with ½ cup mashed banana to make Banana Cookies!

*Although oats are naturally gluten free, they can become cross-contaminated. If you prefer to avoid gluten, assure that the oats you use are labeled gluten free.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment:

*non-stick baking sheet
oven
measuring cups and spoons
large bowl
small bowl
large spoon*

Servings: 20 cookies

Serving Size: 2 cookies



Nutrition Facts: 150 Calories, 1.5 g Fat, 0 g Saturated Fat, 33 g Carbohydrates, 4 g Protein, 3 g Fiber, 16 g Sugar, 70 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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