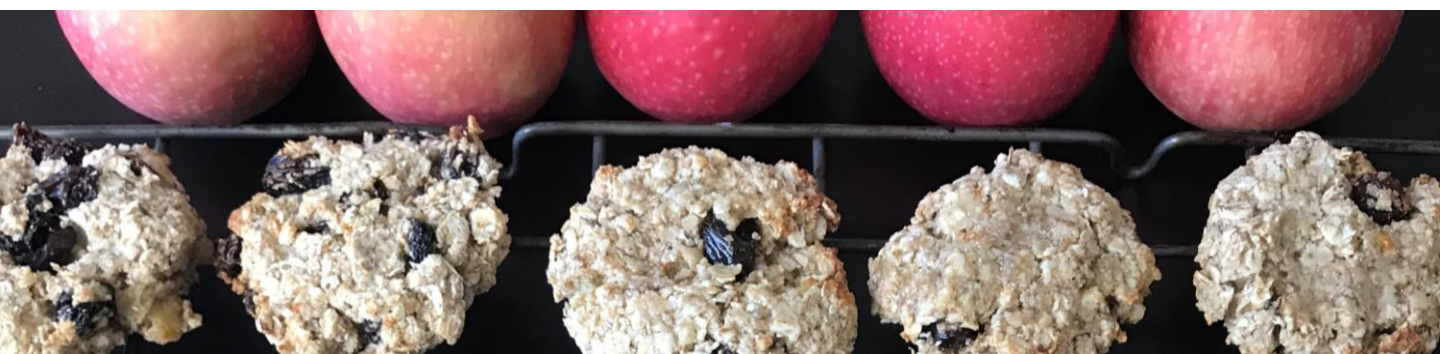


APPLE, RAISIN & OAT COOKIES

Recipe inspired by www.sneakyveg.com



QUICK

15 mins plus 15 mins cooking time

HEALTHY

Oats are a whole-grain food, rich in fibre and very high in many vitamins and minerals.

FAMILY

These are refined sugar free, dairy free and gluten free

MEALS

Makes about 20 cookies

INGREDIENTS

- 2 Bramley apples - used to make 240g apple puree
- 100 - 200 ml water
- 200g oats
- 100g ground almonds
- 2 tsp ground cinnamon
- 2 tsp vanilla extract
- 3 tbs honey or maple syrup
- 80g raisins
- 1 tsp salt

METHOD

1. Preheat the oven to 180°C
2. Peel your apples and cut into small pieces
3. Heat in a saucepan with 100 ml water, bring to the boil then cover and simmer till a puree – it might need more water
4. In a bowl mix the oats, ground almonds, cinnamon, vanilla extract, honey, raisins and 1 tsp salt.
5. Add the apple puree and mix well.
6. Form into small discs and place on a lined baking tray
7. Bake for 15 mins
8. Optional - whilst still warm, I sometimes brush with honey to make them slightly shinier



Tip – When measuring the honey, if you warm the spoon on the gas first, the honey won't stick to it.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com