

ST CLEMENTS COOKIES



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

METHOD

INGREDIENTS

- Approx. 400g apples - used to make 300g apple puree
- 100 - 200 ml water
- 200g oats
- 100g ground almonds
- 3 oranges
- 1 lemon
- 1 tsp vanilla extract
- 1/4 tsp salt
- Optional - 3 tbs honey or maple syrup

- 1) Preheat the oven to 180°C
- 2) Peel your apples and cut into small pieces
- 3) Put into a saucepan with approx. 150-200 ml water, cover and bring to the boil then simmer till soft. Puree till smooth. You may need to adjust the amount of water
- 4) In a bowl mix the apple puree, oats, ground almonds, orange zest, lemon zest, vanilla extract, salt and honey (if using)
- 5) Juice the oranges and add – include the flesh if you can do it without the pips
- 6) Mix well
- 7) It's a sticky mixture, so use 2 spoons to put roughly a tbs onto a lined baking tray – push down to make discs
- 8) Bake for 15-20 mins. They will be soft when they come out
- 9) Optional - whilst still warm, I sometimes brush with honey to make them slightly shinier and sweeter

Tip – I make double quantity of puree which we have with yoghurt during the week. Freezes brilliantly too

