



Apple-Oat Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



36

CALORIES



125 kcal

DESSERT

Ingredients

- 1 cup apples shredded peeled
- 2 tablespoons apple juice
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.8 cup butter softened
- 2 eggs
- 1.8 cups flour all-purpose
- 1 cup granulated sugar

- 1.5 teaspoons ground cinnamon
- 1 cup powdered sugar
- 2 cups oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 375F. Spray cookie sheet with cooking spray. In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on medium speed until creamy. Beat in vanilla and eggs, scraping sides occasionally, until blended.
- In medium bowl, mix flour, baking soda, cinnamon and salt. Gradually beat flour mixture into sugar mixture. Stir in oats and apple. Onto cookie sheet, drop dough by rounded tablespoonfuls 2 inches apart.
- Bake about 10 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- In medium bowl, beat powdered sugar and apple juice until smooth, using wire whisk or fork.
- Drizzle over cooled cookies on cooling rack.
- Let stand about 1 hour or until glaze is set.

Nutrition Facts



PROTEIN 5.06% **FAT 31.31%** **CARBS 63.63%**

Properties

Glycemic Index:8, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:2.5578260706819%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 125.01kcal (6.25%), Fat: 4.43g (6.82%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.56g (7.11%), Sugar: 12.31g (13.68%), Cholesterol: 9.09mg (3.03%), Sodium: 112.09mg (4.87%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.61g (3.22%), Manganese: 0.25mg (12.74%), Selenium: 4.44µg (6.34%), Vitamin B1: 0.07mg (4.95%), Vitamin A: 184.49IU (3.69%), Magnesium: 14.49mg (3.62%), Folate: 13.9µg (3.47%), Phosphorus: 33.74mg (3.37%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (3.01%), Fiber: 0.72g (2.87%), Vitamin B3: 0.41mg (2.04%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.49%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.11mg (1.07%), Potassium: 37.32mg (1.07%)