



## Vegan Apple Breakfast Cookies

READY IN



36 min.

SERVINGS



20

CALORIES



750 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup vanilla almond milk
- 1.5 cups apples grated
- 1.5 teaspoon double-acting baking powder
- 0.3 cup coconut oil melted
- 20 servings coconut oil - any other flavor oil neutral melted
- 0.8 cup coconut palm sugar
- 20 servings coconut palm sugar - brown sugar
- 20 servings almond milk - any non-dairy milk for vegans, dairy milk for others
- 20 servings raisins - any other fruit dried

- 1 teaspoon ground cinnamon
- 20 servings walnuts – any nuts
- 20 servings apple – pear (if you are daring enough)
- 2 cups quick-cooking oats
- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 20 servings flour – any other grain flour whole wheat whole
- 1.5 cups flour whole wheat

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack

## Directions

- Preheat oven at 350F/180C for 15 minutes. Line baking sheet/s with parchment paper. In a large bowl mix together the dry ingredients. In another small bowl whisk together the wet ingredients.
- Pour it over the flour mix and stir in the apples and other optional ingredients, if using. Stir until just combined. Scoop out 1/4 cup of dough for each cookie and drop it on the baking sheet, 2 inches apart.
- Bake for 15–17 minutes.
- Let the cookies cool on the sheet for 2 minutes, then transfer the cookies to the wire rack to cool completely.

# Nutrition Facts

PROTEIN 8.72% FAT 48.66% CARBS 42.62%

## Properties

Glycemic Index:26.46, Glycemic Load:21.06, Inflammation Score:-8, Nutrition Score:24.946521572445%

## Flavonoids

Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 7.28mg, Epicatechin: 7.28mg, Epicatechin: 7.28mg, Epicatechin: 7.28mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 750.08kcal (37.5%), Fat: 43.14g (66.36%), Saturated Fat: 20.79g (129.92%), Carbohydrates: 85g (28.33%), Net Carbohydrates: 72.73g (26.45%), Sugar: 47.64g (52.94%), Cholesterol: 29.28mg (9.76%), Sodium: 225.4mg (9.8%), Alcohol: 0.07g (100%), Alcohol %: 0.01% (100%), Protein: 17.39g (34.78%), Manganese: 1.59mg (79.33%), Phosphorus: 504.78mg (50.48%), Fiber: 12.28g (49.1%), Magnesium: 156.15mg (39.04%), Calcium: 387.61mg (38.76%), Copper: 0.74mg (37.05%), Vitamin B2: 0.51mg (29.85%), Potassium: 956.71mg (27.33%), Vitamin B1: 0.34mg (22.84%), Vitamin B12: 1.32µg (21.96%), Zinc: 3.04mg (20.3%), Selenium: 13.64µg (19.49%), Vitamin B6: 0.38mg (18.83%), Vitamin D: 2.68µg (17.89%), Vitamin A: 807.67IU (16.15%), Vitamin B5: 1.54mg (15.42%), Iron: 2.74mg (15.22%), Vitamin B3: 3mg (15%), Vitamin K: 14.4µg (13.71%), Vitamin C: 10.53mg (12.76%), Folate: 39.27µg (9.82%), Vitamin E: 0.52mg (3.44%)