



Healthdor

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## Apple Cookies ♦♦

Apple cookies are a delicious and healthy treat that can be enjoyed as a snack or dessert. They are made with fresh apples, oats, and spices, and are perfect for those who are looking for a vegan or vegetarian option. These cookies are easy to make and can be customized with your favorite ingredients.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 12

**Serving Size:** 25 g

### Ingredients

<b>200 g</b>	Apples
<b>100 g</b>	Oats
<b>2 tsp</b>	cinnamon
<b>1 tsp</b>	vanilla extract
<b>2 tbsp</b>	maple syrup

2 tbsp almond butter

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Grating

Peel and grate the apples.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, combine the grated apples, oats, cinnamon, vanilla extract, maple syrup, and almond butter. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Line a baking sheet with parchment paper. Using a cookie scoop or spoon, drop spoonfuls of the mixture onto the baking sheet.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

## Step 5

Baking

Bake for 20 minutes or until the cookies are golden brown. Allow them to cool before serving.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 3 g

**Protein:** 2 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas Easter New Year Barbecue

## Cuisines

Italian

## Nutritional Content

Low Calorie

## Course

Side Dishes Desserts Salads Snacks

## Cultural

Chinese New Year Easter

## Cost

\$10 to \$20 \$20 to \$30

## Demographics

Kids Friendly Senior Friendly Lactation Friendly Diabetic Friendly

## Meal Type

Snack Supper

## Difficulty Level

Easy

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