



APPLE PIE BREAKFAST COOKIES

PREP TIME: 15 minutes

SERVING SIZE: 1 cookie

COOK TIME: 15 minutes

SERVES: 12

INGREDIENTS

- 1 cup old-fashioned oats
- 1 cup quick oats
- ¼ cup ground flax seed
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 2 eggs, beaten
- ½ cup unsweetened apple sauce
- ⅓ cup brown sugar (or 2 tbsp. + 2 tsp. Splenda® Brown Sugar Blend)
- ¼ cup canola oil
- 1 cup diced apple pieces
- ½ cup toasted walnut pieces
- ½ cup raisins

PREPARATION

1. Preheat your oven to 350° F.
2. In a large bowl stir together old fashioned and quick oats, ground flax, salt and spices.
3. In a smaller bowl whisk together eggs, apple sauce, sugar and canola oil. Add to the dry ingredients and stir to combine. Fold in the diced apple, walnuts and raisins.
4. Drop ¼ cup sized portions of batter onto a parchment lined baking sheet. Flatten the cookies slightly, as they won't spread in the oven.
5. Bake for 15-20 minutes until set. Let the cookies cool on the baking sheet before transferring to an airtight container.

SOURCE

<http://leelalicious.com/apple-pie-breakfast-cookies/>
Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

12 servings per container
Serving size 1 cookie (72g)

Amount per serving
Calories 200

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 10g | 13% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 95mg | 4% |
| Total Carbohydrate 21g | 8% |
| Dietary Fiber 4g | 14% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 29mg | 2% |
| Iron 1mg | 6% |
| Potassium 140mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/8
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GALLETAS DE MANZANA Y AVENA

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 galleta

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 12

INGREDIENTES

- 1 taza de avena tradicional
- 1 taza de avena de cocción rápida
- ¼ taza linaza molida
- ½ cucharadita de sal
- ½ cucharadita canela molido
- ¼ cucharadita de nuez moscada molido
- ¼ cucharadita de clavo molido
- 2 huevos
- ½ taza de salsa de manzana sin azúcar
- ⅓ taza azúcar morena (o 2 cucharada + 2 cucharadita Splenda® Brown Sugar Blend)
- ¼ taza de aceite de canola
- 1 taza de manzana picada
- ½ taza de nueces
- ½ taza de pasas

PREPARACIÓN

1. Precalentar el horno a 350° F.
2. En un tazón grande mezclar la avena, linaza, sal y especias.
3. En un tazón pequeño batir huevos, salsa de manzana, azúcar, aceite de canola. Añadir a los ingredientes secos y revuelva para combinar. Incorpore la manzana picada, nueces y pasas.
4. Usando ¼ taza proporcionar la masa sobre la bandeja para hornear forrada con papel pergamino. Aplanar las galletas ligeramente, ya que no se esparcirán en el horno.
5. Hornear durante 15-20 minutos. Deje enfriar en la bandeja para hornear antes de transferir a un recipiente hermético.

FUENTE

leelicious.com/apple-pie-breakfast-cookies/

Receta modificada por CHOICES Programa Educativo de Nutrición



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