

# Almond, Oat and Apple Cookies

## Ingredients

- 3 medium sized apples
- 1 tsp. pumpkin pie spice, or cinnamon
- 1/3 cup maple syrup
- 2/3 cup almond butter
- 1 TBPS. vegan milk
- 1 cup all-purpose flour
- ½ tsp. baking soda
- Pinch of salt
- 1 cup old fashioned oats

## Steps

1. Preheat the oven to 350°F (175°C) and line a baking tray with a silicone mat. Cut the apples into very small cubes (similar to how you would dice an onion). Place in a bowl and add the pumpkin pie spice and mix to cover every piece. Set aside.
2. In a large mixing bowl, add the maple syrup, almond butter, and vegan milk and combine. Next add the flour, baking soda and salt, and use a spoon and then your hands to combine in a sticky batter. Add the apples and oats, and combine well.
3. Scoop a heaping tablespoon into your hand, and roll into a ball. Place on the lined baking tray, and use the palm of your hand to flatten into a disc (about an inch thick). Continue until all cookies are formed (you will need to use multiple baking sheets or cook in batches). Place in the oven for 25-30 minutes, and let cool before eating.

