

Oatmeal, apple & cinnamon cookies

Ingrédients

- 150g of oats
- 150g of T80 flour
- 3 teaspoons of gingerbread spices
- 2 teaspoons of cinnamon
- 1 teaspoon of vanilla powder
- 80g of very ripe banana
- 90g of unsweetened applesauce
- 125g of dark sugar (muscovado)
- 2 tablespoons of maple syrup
- 1 egg
- 80g of apple cut into small cubes

Préparation

1. For once, this cookie recipe is actually "healthy".
2. These little cookies, soft inside and crispy on the outside, are butter-free (replaced by banana), sweetened with unrefined sugar, and full of good things (oats, apple, spices).
3. Preheat the oven to 180°C.
4. In a bowl, mix all the powders: flour, oats, baking powder, salt, cinnamon, gingerbread spices, and vanilla.
5. Separately, mash the banana and incorporate the applesauce and dark sugar.
6. When the mixture is smooth, add the egg and mix well before gradually incorporating the previous mixture (flour, oats, etc.
7.).
8. Finally, add the apple cubes and, if desired, the dried fruits.
9. Be careful to make sure the apple pieces are small enough so the dough doesn't become soggy during baking.
10. Form small circles, 5-6cm in diameter and slightly domed, on a baking tray lined with parchment paper, and bake for about 20 minutes.
11. Let cool on a rack before enjoying.
12. These little cookies keep well for a few days in an airtight container, and are perfect for breakfast with yogurt or a glass of milk, or with a cup of tea.