

4 Ingredient Apple Cookies

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

These biscuits are super easy and cheap (as they only contain 4 inexpensive ingredients) and super healthy (they contain no sugar or any kind of sugar substitute). My girls love these as an after school snack or as part of breakfast with a glass of milk and some fruit.

Ingredients

- 1 cup of oats
- ½ tsp ground cinnamon
- ¾ cup stewed apple (peel, core and chop 2 small cooking apples and stew until pulpy with 1 tbs water)
- ½ cup raisins

Method

1. Preheat oven to 180°C and line a baking sheet with baking paper/silicone mat.
2. In a large bowl, mix together all the ingredients until the oats are coated and coming together.
3. Form into rounds and then add to tray and press down with a spoon or your fingers until they resemble biscuit shaped rounds (they won't spread on baking so form them into the shapes you'd like at this point). You should get around 8 biscuits.
4. Bake the biscuits for 15 minutes. You can check if they are ready by using a spatula to lift the biscuit (they will be done if you can do this and it stays in one piece).
5. Cool biscuits and enjoy with a cuppa!

