

# Oatmeal and Apple Breakfast Cookies

**Serving Size** 1 cookie

**Servings** 12 cookies



## Nutrition Information

Calories	136
Protein	5.4 g
Carbs	1.5 g
Sodium	125 mg
Potassium	400 mg
Fiber	4.3 g

## Health Benefit

[diabetes-friendly](#)

Independence Live Recipe

## Ingredients

- 1 1/2 cups [old-fashioned oatmeal](#)
- 1/2 cup [whole grain flour](#)
- 1/2 cup [ground flaxseed](#)
- 1 Tablespoon [cinnamon](#)
- 2 teaspoons [baking powder](#)
- 1 teaspoon [nutmeg](#)
- 1/2 teaspoon [ground cloves](#)
- 1/2 teaspoon [salt](#)
- 2 [eggs](#)
- 1/2 cup [milk](#)
- 1/3 cup [molasses](#)
- 1 teaspoon [vanilla](#)
- 1 medium [apple, peeled, cored, and chopped into bite-size pieces](#)
- 1/2 cup [chopped walnuts](#)

## Directions

1. Pre-heat oven to 350°F.

2. Line baking sheets with parchment paper.
3. Whisk together all dry ingredients in a large bowl (ingredients #1 through #8).
4. In a medium bowl, whisk together wet ingredients (ingredients #9 through #12).
5. Slowly stir the wet into the dry ingredients until fully combined, be sure to scrape down the sides of the bowl with a rubber spatula.
6. Fold in the diced apples (and walnuts if you choose).
7. Scoop out batter evenly on baking sheet, leaving 2 inches in between each cookie. Gently press batter to flatten slightly.
8. Bake cookies for 10-12 minutes, cool in pan.
9. Enjoy!

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