

Foodnity Recipes

Low Sugar Applesauce Oatmeal Cookies

15 min Prep time	**12 min** Cook time	**27 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- ▢ 1 ½ cups rolled oats
- ▢ ¾ cup whole wheat flour
- ▢ ½ cup unsweetened applesauce
- ▢ ¼ cup pure maple syrup (optional)
- ▢ ¼ cup melted coconut oil
- ▢ 1 tsp ground cinnamon
- ▢ ½ tsp ground nutmeg
- ▢ ¼ tsp salt
- ▢ 1 tsp vanilla extract
- ▢ Zest of ½ lemon

Optional Add-Ins

- ▢ ¼ cup chopped walnuts
- ▢ ¼ cup dried cranberries
- ▢ ¼ cup dark chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together rolled oats, flour, cinnamon, nutmeg, and salt until evenly combined.
3. In another bowl, mix applesauce, melted coconut oil, maple syrup (if using), vanilla, and lemon zest until smooth.
4. Pour the wet mixture into the dry ingredients, stirring gently until just combined; fold in any optional add-ins.
5. Scoop rounded tablespoons of dough onto the prepared sheet, spacing 2 inches apart; lightly press each mound.
6. Bake for 10-12 minutes, until the edges turn golden and the tops look set. Let cool on the sheet for 5 minutes before transferring to a wire rack.

Nutrition per serving

130 kcal	3 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier edge, extend baking by 2 minutes.
- For added warmth, sprinkle a pinch of extra cinnamon on top before baking.
- These cookies freeze well; reheat briefly in a toaster oven for fresh softness.