



Spiced Apple Chia Cookies

These soft, chewy cookies are loaded with a whole cup of real chopped apples. Their rich, spicy flavor may remind you of cool fall evenings, but they're great year-round! With two types of apple (sweet & tart) plus raisins, chia and healthy spices these fruity cookies aren't too much of a guilty pleasure.

Ingredients

2 cups flour
1 tsp baking soda
1 and 1/3 cup brown sugar
1/2 tsp salt
1 and 1/2 tsp ground cinnamon
1 tsp ground cloves
1/2 tsp ground nutmeg
1/2 cup raisins
1 cup chopped red & green apple
1/2 cup chopped walnuts or almonds



Wet Ingredients

4 tbsp margarine
4 tbsp MySeeds Chia Gel
1 beaten egg
1/4 cup apple juice concentrate



These cookies are quick and easy to make! First, mix the flour and baking soda in a large bowl. Once mixed, empty it onto waxed paper. In the same bowl, cream the butter and brown sugar together. (It will be gritty looking) Then, add the spices and the lightly beaten egg. Last, add the Chia Gel and stir again.

Next, add half the flour mixture and stir again. As it thickens, add the concentrate, then the rest of the flour mixture.

Chop the apples into 1/2 inch pices, leaving the peel intact. Once the dough is lightly mixed, pour in the 1 cup of apple pieces and the raisins. You can use regular or golden raisins, whichever you prefer. (Regular raisins shown here) Now is the time to add the chopped nuts, if desired. Careful not to over-mix, the dough will be thick and sticky.



Use baking spray on your cookie sheets, and drop the dough by teaspoonfulls. When baking, these cookies do spread out, so be sure to leave enough space between each one or they may melt together. (if this happens, you can just cut them apart later, but they won't look as nice) Bake at 375 for about 10 minutes. When done, the cookies will spring back to the touch, and the bottoms will be lightly browned.

Apples are so common, that it's easy to over-look their health benefits.

They've got plenty of body-boosting properties to help your health, including pectins, two kinds of fiber, antioxidants and flavonoids. The peels of apples are a good source of nutrition & fiber, so leaving them on in this recipe not only adds color to your cookies, but nutrients too! Did you know Flavonoids have repeatedly been shown to help lower risk of heart disease too?