

## Apple Sauce Cookies

The Zone @ UC San Diego

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### Ingredients

- 2 cups gluten free quick oats
- 1/2 cup pumpkin (not pumpkin pie filling)
- 1/2 cup unsweetened applesauce
- 1/4 cup granulated sweetener of choice
- Cinnamon/apple pie spice (optional)
- 2 tbs. nut butter of choice (optional)

### Preparation

1. Preheat the oven to 350° degrees and lightly grease a baking tray. Set aside.
2. In a large mixing bowl, combine the oats, pumpkin, applesauce, and granulated sweetener and mix well. If desired, add 2 tablespoons or so of your favorite nut butter.
3. Using your hands, form the mix into small balls and place on the baking tray. Press each ball into a cookie shape. Sprinkle lightly with cinnamon and bake for 12-15 minutes, depending on desired consistency.
4. Remove and allow to cool completely.



### Recipe Notes

- Amount of sweetener can be adjusted depending on personal taste
- If nut butter is added, an additional tablespoon or so of oats may be needed.
- Cookies do not need to be refrigerated and keep fresh within a sealed container for up to a week. They freeze very well.