



Strawberry Jam Thumbprint Cookies

Ingredients

- 1.5 cups oat flour
- ½ cup rolled oats
- 1 tsp baking powder
- ¼ cup maple syrup
- ¼ cup applesauce
- 2 TBSP almond butter
- 1 tsp vanilla
- Pinch of salt
- Strawberry jam (recipe on website)

Directions:

1. Preheat oven to 350 F; In a medium bowl, combine oats, baking powder, and salt
2. To the same bowl, add applesauce, vanilla, and maple syrup; Whisk together until well combined
3. Scoop about 1 TBSP of dough for each cookie and shape into a ball, makes about 12
4. Lay out each cookie on a baking sheet; Make an impression in the middle of each cookie; Add 1 tsp of jam into each dent
5. Bake for 10-12 minutes; rotating the baking sheet halfway through; Remove from oven and allow to cool; Enjoy!

Equipment

Medium sized bowl
Whisk
Baking sheet

Cost: \$ \$

Ease: 

Health Benefit: Strawberries contain vitamin C for immune health and are low in sugar. Oats are a source of whole grains and fiber. Almond butter contains healthy fats for brain health.

Fare  Meals
by Arielle