

Apple Cinnamon Cookies

Ingredients

- 2 cups chopped red apples, skin on
- 2 cups raw almonds
- 1 cup shredded coconut, unsweetened
- 1 tbsp cinnamon
- 2 tsp vanilla
- 2 tsp coconut oil, melted
- 3 eggs

Directions

1. Preheat your oven to 350 Degrees F
2. Combine all of your ingredients EXCEPT your eggs in a food processor, pulse it until all the pieces are small but still a little chunky. If your food processor is not large enough to accommodate everything just split it up. I did the almonds first, then the apples.
3. Combine that mixture with the eggs in a large mixing bowl and mix well
4. Using your hands, form the mixture into "patties" and place on a parchment paper lined cookie sheet. The size of the "patties" are up to you, or you could make the into bars. I made mine about 2 inches across and got about 15 cookies
5. Bake until done, around 30 minutes

Thanks for Submitting.....Janice B.

Slow Cooker Applesauce

Ingredients

- 8 – 10 medium organic gala apples
- enough water to cover the bottom of your slow cooker

Directions

Add just enough water to the slow cooker to completely cover the bottom.

Chop and core your apples. Big pieces are perfect. No need to peel them. Put the apples into the slow cooker, cover, and cook on low for 5 – 6 hours.

Run the cooked apples through a food mill using the large disk for chunky applesauce (my favorite) and a small disk for smooth applesauce. Serve warm or cover and refrigerate.

Thanks for Submitting C Chealvis