

Apple Pie Cookies



Created by a dietitian, this apple pie-flavoured cookie recipe is the perfect snack to welcome the new season. Not only will these treats fill your kitchen with an irresistible aroma, but they are also low in fat and much lower in sugar than store-bought versions. They are the ideal compromise for a wholesome afternoon treat on those brisker days! For a harvest of delicious ideas this time of year, take a look at our [Top 14 comforting autumn recipes](#).

Preparation 15 min
Cooking 20 min
Servings 6
Nutrition Facts (per serving)
Calories 185
Fat 3
Carbohydrates 35
Fibre 2
Protein 5
Sodium 175

Ingredients

Caramelized Apples

- 2 apples, peeled, cored, and finely diced

- 30 mL (2 tbsp) maple syrup
- 15 mL (1 tbsp) lime juice
- 2 mL (½ tsp) ground cinnamon

Cookies

- 180 mL (¾ cup) unbleached all-purpose flour*
- 60 mL (¼ cup) large rolled oats
- 5 mL (1 tsp) ground cinnamon
- 2 mL (½ tsp) ground nutmeg
- 2 mL (½ tsp) baking soda
- 2 mL (½ tsp) baking powder
- 1 pinch of salt
- 2 large eggs
- 80 mL (⅓ cup) unsweetened applesauce
- 60 mL (¼ cup) lightly packed brown sugar
- 5 mL (1 tsp) vanilla extract

Preparation

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. In a small non-stick skillet, heat the apples, maple syrup, lime juice, and cinnamon over medium heat. Cook for 5 to 7 minutes or until tender. Remove from heat and set aside.
3. In a small bowl, combine all the dry ingredients.
4. In a medium bowl, whisk the eggs with the applesauce, brown sugar, and vanilla.
5. Incorporate the dry ingredients into the wet mixture and stir until a smooth dough forms.
6. Using a spoon, divide the dough onto the prepared baking sheet to form about 6 cookies. Wet the back of the spoon, then gently press down in the centre of each cookie to create a small well. This cavity will hold the apples after baking.
7. Bake for 10 to 12 minutes, or until the cookies are golden brown.
8. Top each cookie with the caramelized apples right out of the oven. Let cool slightly before serving.

Notes

Can be stored in an airtight container for 5 days in the refrigerator or for 3 months in the freezer.

*Gluten-free all-purpose flour can easily be used in equal parts in this recipe for a gluten-free version.



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