

Heart Path  
October Recipe of the Month  
**Apple-Oatmeal Cookies**

1 cup old-fashioned oats  
½ cup chopped pecans or walnuts  
1 cup whole-wheat pastry flour  
½ teaspoon baking soda  
¼ teaspoon salt  
½ teaspoon ground cinnamon, divided  
1/8 teaspoon ground nutmeg  
2 large egg whites or 4 teaspoons dried egg white  
reconstituted according to package directions  
½ cup coarsely grated peeled apple, such as Macintosh or  
Cortland (about 1 small apple)  
½ cup packed light brown sugar  
¼ cup apple butter  
4 tablespoons granulated sugar, divided  
2 tablespoons canola oil  
½ teaspoon vanilla extract  
½ cup diced dried apples

1. Preheat oven to 375°F.
2. Spread oats and nuts on a baking sheet. Bake until fragrant and golden, 5-8 minutes; set aside. Coat 2 baking sheets with cooking spray.
3. Whisk together flour, baking soda, baking powder, salt, ¼ teaspoon cinnamon and nutmeg in a medium bowl.
4. Combine egg whites, grated apple, brown sugar, apple butter, 3 tablespoons granulated sugar, oil and vanilla in a large bowl; stir until blended. Add the dry ingredients and stir until just moistened. Stir in dried apples and reserved oats and nuts.
5. Drop the dough by level tablespoonfuls, about 2 inches apart, onto the prepared baking sheets.
6. Combine the remaining 1 tablespoon granulated sugar and ¼ teaspoon cinnamon in a small bowl. Coat the bottom of a glass with cooking spray. Dip the glass into the cinnamon sugar and flatten cookies with it, dipping the glass into the cinnamon sugar for each.
7. Bake the cookies, one sheet at a time, until lightly browned, 10-12 minutes. Cool cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Makes about 3 dozen cookies.

Per cookie: 71 calories; 2 grams fat (0 grams saturated fat, 1 gram monounsaturated fat); 0 mg cholesterol; 12 grams carbohydrate; 1 gram fiber, 55mg sodium

This recipe is adapted from the “Cookbook of the Quarter,” *The Essential Eating Well Cookbook*, available at Barnes & Noble.

These cookies are more like muffin tops or Fig Newton’s. They are not your typical gooey chocolate chip cookie. If they were they wouldn’t be the recipe of the month. They had a good apple flavor with a hint of cinnamon and sugar. The salt can be omitted for those watching sodium. It is a good treat without any saturated fat. Enjoy.

Partners in Health,  
Laura and Candace