



Ingredients

- $\frac{3}{4}$ cup (175 mL) organic applesauce
- $\frac{3}{4}$ cup (175 mL) honey
- $\frac{1}{4}$ cup (60 mL) avocado oil
- 1 medium banana
- 1 cup (250 mL) almond butter
- 3 cups (750 mL) whole wheat flour
- $\frac{1}{2}$ tsp (2 mL) sea salt
- 2 tsp (10 mL) baking soda
- $\frac{1}{3}$ cup (80 mL) organic cornstarch or arrowroot powder
- $\frac{1}{2}$ cup (125 mL) raw almond pieces

Optional: Replace almond pieces with dried apricot or cranberry chunks.

Instructions

1. Preheat oven to 325°F (160°C).
2. Blend applesauce, honey, oil, and banana in a food processor until smooth.
3. In a large bowl, mix together almond butter, flour and salt. Add blended ingredients to the bowl, then add baking soda, cornstarch, and almond pieces.
4. Onto an ungreased cookie sheet, scoop rounded mounds of cookie dough, shaping and pressing with a fork. They should be about ½ inch thick and flat on top.
5. Bake at 325°F (160°C) for 10-15 minutes until top and edges are light-medium brown.

Makes 4 dozen cookies. They freeze well.