

APPLE PIE BREAKFAST OAT BISCUITS



By Food lovers recipes

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Ingredients:

2 cups apple finely chopped with skin

1 large egg room temperature

1 cup old fashion rolled oats

1 cup whole grain oats (or you can use 2 cups of above)

3/4 unsweetened applesauce

1/3 cup runny honey or maple syrup

2 tbs maple syrup (yes more used separately ☐)

1/2 tsp baking soda

1 tsp cinnamon

1 tsp mix spices

1/2 tsp nutmeg

1 cup oat flour (make your own by taking a heaped cup of oats of your choice and processing in good processor till fine)

1/2 tsp salt

2 tsp vanilla extract

1/2 cup ground flaxseed

1/4 cup unsalted butter melted

Method:

Preheat oven to 190 bake.

In a small pot slowly cook apple, mix spices and 2 tbs maple syrup till apple is soft.

In a large bowl mix together the remaining dry ingredients.

In a small bowl mix together all remaining wet ingredients.

Pour wet ingredients in dry ingredients and mix through.

Stir through apple and any sauce in the pot.

Scoop 1/4 cups onto baking paper on baking sheet and bake for 12 to 14 min.

This is handy breakfast on the run or snack as it is quite filling.

Keep in airtight container in fridge for up to 6 days or in freezer for 2 months.

Photo: Elizna Willemse Tinone