

*My Kitchen!  
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@LeighThomasBrown



## Apple Sauce Oat Breakfast Nuggets

They look like cookies, but are packed with nutrition!

Recipe Credit: <https://www.dixiecrystals.com/recipes/apple-sauce-oat-breakfast-nuggets>

### Ingredients:

- 1 cup old-fashioned oats
- 1/2 cup sprouted wheat flour or white whole wheat flour\*
- 1 1/2 teaspoon cinnamon
- 1 cup unsweetened apple sauce
- 1 teaspoon vanilla extract
- 4 tablespoons Dixie Crystals Dark Brown Sugar
- 1/2 teaspoon salt
- 2 tablespoons oil
- 1 egg (optional – an egg will make these a little lighter)
- 1 cup raisins or other dried fruits
- 1/2 cup chopped raw almonds or other nuts or seeds

### Instructions:

1. Preheat oven to 350°. Prepare baking sheets with parchment paper. Set aside.
2. Stir together oats, flour, and cinnamon. Set aside.
3. In a bowl large enough to hold all ingredients, whisk together apple sauce, vanilla, sugar, salt, oil, and egg if using.
4. Add dry ingredients. When combined add fruit and nuts.
5. Scoop onto cookie sheets into 2-3 tablespoon size mounds.
6. Press flat to about 1/3-inch.
7. Place in oven for 9-10 minutes.
8. Cool on a wire rack.
9. Once cooled, these can be stored in freezer for a quick snack.

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