



## Fruit Drop Cookies

### Ingredients

½ cup whole almonds  
½ cup rolled oats  
½ cup whole wheat pastry flour  
¼ teaspoon ground cinnamon  
½ cup extra virgin olive oil  
½ cup *real* maple syrup *or* ½ cup brown rice syrup  
¼ teaspoon salt  
jam (try to find one that little to no sugar or uses a natural sweetener)

### Procedure

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. In a food processor, separately grind almonds and oats until they each look very fine, almost like flour.
3. Combine ground almonds and oats in a bowl and add flour and cinnamon. Mix well.
4. In another bowl, mix together oil, syrup (either maple or brown rice) and salt.
5. Add the wet ingredients to the dry ingredients and mix well.
6. Roll dough into small balls with your hands. Place on baking sheet and press down in the middle of the each ball with your thumb to make a dent to fill with jam.
7. Fill with jam and bake for 15-20 minutes until golden brown.

### Basic Nutrition Profile for One Serving (1 cookie):

Kcal	215 kcal
Protein	2 grams
Carbohydrate	26 grams
Fat	12 grams
Saturated Fat	0 grams
Monounsaturated Fat	1 grams
Polyunsaturated Fat	2 grams
Fiber	4 grams

### This recipe is a great source of.....

Potassium	525 milligrams
Vitamin A	10045 international units
Calcium	104 milligrams
Folate	93 micrograms
Vitamin K	16 micrograms
Selenium	5 micrograms
Magnesium	59 milligrams

Also has a full-range of B-vitamins