



Ashley's Meal Prep Monday!



Apple Cider Donut Cookies

WET INGREDIENTS:

- 1/2 cup vegan butter
- 3/4 cup coconut sugar
- 1/4 cup molasses
- 2 TBSP applesauce
- 1 cup shredded apples, peeled & cored (1 Honey Crisp & 1 Granny Smith)
- Zest from an orange



DRY INGREDIENTS:

- 2 1/2 cups whole wheat flour
- 1 TSP baking soda
- 1/2 TSP baking powder
- 1/2 TSP salt
- 2 TSP pumpkin pie spice

APPLE CIDER GLAZE:

- 1/2 cup powdered sugar
- 1/4 TSP pumpkin pie spice
- 1/8 TSP cloves
- 2 TSP maple syrup
- 2-4 TSP apple cider

CARTWRIGHT'S
MARKET

- Preheat oven to 350 and line a cookie sheet with parchment paper
- Core & peel apples then shred with cheese grater - should have enough to firmly pack 1 measuring cup. Wash and zest orange - set aside.
- In mixing bowl, mix together wet ingredients. Add apples/orange zest last. In separate bowl, whisk together dry ingredients then gradually add to wet mix. Mix on med/high until well blended.
- Scoop rounded dough onto cookie sheet and bake for 12-15 minutes. Remove and transfer to cooling rack.
- While cookies are cooling, whisk together all glaze ingredients. Place in pipping bag or small baggie with a tiny corner snipped for pipping. Drizzle over the cooled cookies

