

Apple Cookies

Ingredients

- Pulp from 1 apple
- 1/8 teaspoon cinnamon
- Pinch of nutmeg
- 1/8 teaspoon vanilla powder
- Stevia to taste
- 1 tablespoon lemon juice

Directions

1. Mix pulp from 1 apple (use juice for a virgin apple martini).
2. Mix with Stevia and spices and form into cookies (1-2).
3. Bake the cookies for approximately 15-20 minutes or until slightly brown.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
45 calories

PHASE 3 MODIFICATIONS:

Add chopped walnuts or pecans and a little butter to the apple mixture, then bake.

