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# Paleo Spiced Apple Cookies

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By: [Sarah Nevins](#)

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YumYummly

*Melt in your mouth Spiced Apple Cookies with chopped walnuts & an almond butter 'caramel' glaze | Gluten Free + Paleo + Dairy Free*









Uhhhh, how are we already halfway through September?

I feel like it was just March and then suddenly I blinked myself past nearly two seasons. If it weren't for the fact that I live for this time of year then I'd probably be a little more freaked out by that fact. But as it is – the late summer/early autumn season gives me life.

Last night Mike & I went for walk around the neighbourhood and we could already start to feel the seasons change. The air's beginning to get its usual chill back which I'm actually excited about for once because I just recently started learning how to knit/crochet which means I'm ready to wear ALL the cozy things. Hats, scarves, sweaters....socks once I figure those out.

Also I'm ready to *eat* all the cozy things – starting with these Spiced Apple Cookies. Make them and your kitchen will smell like happiness and love.





These cookies are adapted from my [Cardamon Spiced Ginger Cookies](#) I made a few years ago.

They're

- ✓ Easy to make
- ✓ Grain Free
- ✓ Dairy Free
- ✓ Chewy
- ✓ Made in one bowl
- ✓ & Melt-in-your-mouth-delicious!

Let's get into it!

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## How To Make: Paleo Spiced Apple Cookies

As mention above these cookies are super easy to make and made in one bowl!

The hands on prep time for these cookies is about 10 minutes but you will need to allot time for the cookie dough to chill in the fridge so that they cookies don't spread too much while baking.

The base of the dough is made up of a combo of grain free flours: tapioca & coconut flour. Mixed in with coconut oil and coconut sugar to keep these dairy & refined sugar free.

The spicy flavour comes from a simple apple pie spice + cinnamon mixture, but if you don't have any apple spice on hand and you don't fancy making any you can just double up on the cinnamon. More cinnamon is almost always a good idea anyway.

Last but not least: The almond butter 'caramel' glaze! You'll want to eat it with a spoon (which I have been known to do) it's that good. It's my go to paleo/vegan caramel that can be made in under two minutes. It's made up almond butter (though you can sub peanut butter), maple syrup, and a teensy bit of coconut oil. Melt it all together and then try not to eat too much before adding them to your cookies. SO GOOD.

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So yeah! Time to start mentally preparing myself for the fall and all the cozy things that go along with it.

I'm so ready.







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## **FACEBOOK | INSTAGRAM | PINTEREST**

Don't forget to **#asaucykitchen** on instagram if you try these Paleo Spiced Apple Cookies! I'd love to see what you make with it! You can also post your pictures to my **facebook** page!

★ Did you make this? Be sure to **leave a review** below and tag me on **Facebook**, **Instagram**, or **Pinterest**!









## RECIPE

# Paleo Spiced Apple Cookies

\* **Yield:** 16 cookies      **Prep Time:** 10 minutes  
**Cook Time:** 10 minutes      **Additional Time:** 30 minutes  
**Total Time:** 50 minutes

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*Melt in your mouth Spiced Apple Cookies with chopped walnuts & an almond butter 'caramel' glaze | Gluten Free + Paleo + Dairy Free*

## Ingredients

- 1/2 cup | 104 grams coconut oil, melted
- 3/4 cup | 105 grams coconut sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 1/2 cup | 150 grams tapioca flour
- 3 tablespoon | 30 grams coconut flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon apple pie spice (or just use more cinnamon)
- 1/4 cup | 15 grams chopped walnuts
- 1/4 cup or about 1/2 a small apple, chopped (peeling is optional)

### Almond Butter Galze

- 2 tablespoons | 33 grams almond butter (or peanut butter)
- 1 1/2 tablespoons | 30 grams maple syrup

- 1 teaspoon coconut oil

↻ **Need help converting to weights?** Check out my cups to grams [Conversion Guide](#).

## Instructions

- 1 In a mixing bowl, with an electric mixer beat together your melted coconut oil and coconut sugar. Add the egg and vanilla extract until well combined.
- 2 Once combined add your tapioca flour, coconut flour, baking soda, salt, cinnamon and apple pie spice to the egg mixture. On a medium speed, beat until everything is fully mixed together. Stir in the walnuts and apple chunks.
- 3 Cover the dough and place in the refrigerator for at least 30 minutes. This time in the fridge helps the cookies set to prevent them from spreading too much while baking.
- 4 While the cookie dough is chilling in the fridge heat your oven to 325°F/170°C and line your baking sheets with parchment paper.
- 5 Scoop out 1 tablespoon of the chilled dough and roll into a ball.
- 6 Place the cookie dough balls on your lined baking sheet and leave at least 2 inches on all sides so that the cookies have room for spreading. Press the dough down slightly so that you get less of a rounded top on the cookie and then bake for 8-10 minutes. Less time in the oven will result in a chewier cookie, more time will make for a crispier cookie. They should be a golden brown color when you take them out of the oven. Allow the cookies to rest on the baking sheet for a couple of minutes before moving to a cooling rack.
- 7 Almond Butter Glaze
- 8 Melt the almond butter glaze ingredients together in a small pot or in a heat safe bowl in the microwave. Stir everything together until combined. When the are done baking and cooling on the rack drizzle the glaze over the tops. If you like your cookies with a little extra crunch/texture sprinkle a few more chopped walnuts/apple pieces over the top.

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## Notes



Prep includes chilling time

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## Nutrition Information

**Yield:** 16 **Serving Size:** Cookie **Calories:** 163 **Saturated Fat:** 6g  
**Cholesterol:** 10mg **Sodium:** 90mg **Carbohydrates:** 19g **Sugar:** 6g **Protein:** 1g

*This website provides approximate nutrition information for convenience and as a courtesy only. Nutrition data is gathered primarily from the USDA Food Composition Database, whenever available, or otherwise other online calculators.*

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**Cuisine:** Gluten Free

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## About Sarah Nevins

Hi, I'm Sarah! Welcome to my little gluten free corner of the internet. I like eating vegetables, but sometimes I get distracted by cookies...

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## Welcome!

Hey, I'm Sarah! My goal is to show you the gluten free living doesn't have to suck! I focus on sharing wholesome recipes that are easy to recreate in your own kitchen. Essentially, I make gluten free recipes for people who like eating healthy but get distracted by cookies!

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## Recipe Key

(psst! All recipes are gluten free!)



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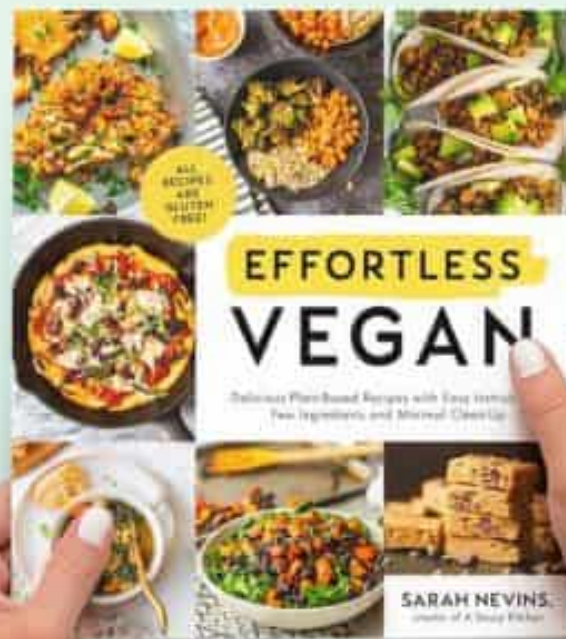


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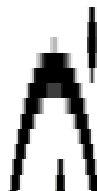
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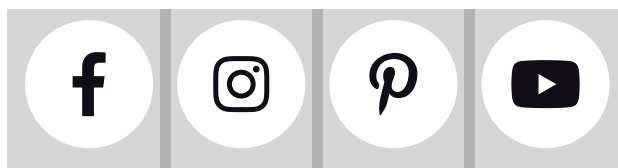
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