

# Food Babe's Barefoot in the Park Cookies



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	15 mins	25 mins	6

<https://foodbabe.com/barefoot-in-the-park-cookies>

## Ingredients:

- 1 cup spelt flour
- 1 cup rolled oats
- 1 ½ cups raisins
- 1 cup coconut flakes
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamon seed
- ½ cup applesauce
- ½ cup sucanat
- ⅓ cup maple syrup - grade B
- 1 teaspoon vanilla extract

## Instructions:

1. Preheat oven to 350° F.
2. Place parchment paper down on a cookie sheet or lightly oil it with coconut oil.
3. Combine all the dry ingredients (flour, oats, raisins, coconut, baking soda, and spices) in a bowl and stir together with a whisk.
4. In a separate bowl combine and stir the sucanat, maple syrup, applesauce and vanilla together.
5. Slowly add the dry ingredients to the wet ingredients and combine until the whole mixture is wet and well mixed.
6. Using an small ice cream scoop, place each cookie on the pan and bake for 15 minutes.

## Notes:

- Makes 12 big cookies or 24 small cookies if you use a tablespoon instead of an ice cream scoop