

RawVegan Apple Pie Cookies

Makes 10

You'll need: food processor, dehydrator

If you don't have a dehydrator you can either dry them in the oven on the lowest temperature possible.

Preparation time: 30 minutes

Total time: approximately 10 hours

Ingredients for cookies:

2 red apple (finely diced with the skin)

1 ripe banana

1 orange (peeled)

- Place all ingredients into a food processor fitted with the S blade and process until smooth.

3/4 cup finely shredded coconut

1/4 cup raisins

1/4 cup cranberries

1 cup rolled oats

1/4 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp mixed spices

- Add remaining ingredients and pulse a few times.
- Scoop out about 2 heaping tbsp (I used an ice cream scooper - 1 scoop) of cookie dough and than flatten them into cookie shapes.
- Place cookies on a dehydrator sheet, and
- Dehydrate at 140°F about one and a half hour.
- Decrease heat to 118°F and continue to dehydrate about 4 hours. Flip and remove dehydrator sheet.
- Continue to dehydrate for another 4 hours or until dry on the outside and soft on the inside.

Juice ingredients:

2 apple

4 carrots

1/2 lemon (peeled)

1 orange (peeled)

1/2 inch ginger

1/2 inch turmeric root

1 tbsp apple cider vinegar

- Run all ingredients (except apple cider vinegar) through your juicer, than pour into a jar add apple cider vinegar and stir well.

Enjoy!

