



# HEALTHY PEI POTATO COOKIES

## INGREDIENTS

- 1 Cup Mashed PEI Potatoes
- 2 Tbsp. Maple Syrup
- 2 tsp. Vanilla Extract
- 1/2 Cup Unsweetened Applesauce
- 1/4 Peanut Butter
- 1 Egg
- 1 & 1/2 Cups Rolled Oats
- 2 tsp. Cinnamon
- 1/2 Cup Chocolate Chips or Dried Cranberries

**PREP TIME: 10 MINUTES**

**COOK TIME: 12 MINUTES**

**MAKES 20 COOKIES**

Make sure to always ask an adult before preparing this recipe.

## DIRECTIONS

Step 1: Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius). Line a large baking sheet with parchment paper.

Step 2: In a large bowl, mix together mashed PEI Potatoes, maple syrup, vanilla extract, applesauce, peanut butter, and egg.

Step 3: Once mixed, add rolled oats, cinnamon, and the chocolate chips or dried cranberries (or both!).

Step 4: Roll dough into balls and place on the baking sheet, flattening each one slightly with a fork. Bake in the oven for 10-12 minutes. Then, remove from oven and let cool for 5 minutes before transferring to a cooling rack.

Nutrition per serving  
(Approximately)

- 6 grams of protein
- 28 grams carbohydrate
- 180 calories

