

Snack

Spiced Fruit Cookies

Side Effect: Altered Taste

10 Mins
Prep Time

15-20 Mins
Cook Time

24
Servings

☰ 122 Calories 2g Fat 25g Carbs 2g Protein



Ingredients

👤 24 Servings • 1 Cookie Serving Size

🕒 25-30 Mins Total Time 🚫 Allergens: Gluten, Nuts

3 Cups Rolled Oats, divided	¾ Cup Water
1 Tbsp Baking Powder	1 Cup Plain Applesauce
1 Tsp Ground Cinnamon 🍷	8 Dates, pitted and diced 🍷
½ Tsp Ground Nutmeg 🍷	¾ Cup Roasted, Salted Pecans
½ Tsp Ground Cloves 🍷	1 ¼ Cup No Added-Sugar Strawberry Fruit Spread
3 Tbsp Ground Flaxseeds	

Allergen Swap

Gluten Oats are naturally gluten-free, but for those with celiac disease, use certified gluten-free oats.

Nuts Replace roasted pecans with roasted sunflower seeds.

Nourishment Note



🍷 Cookies

Fruity and salty flavors, like those from the salted nuts and fruits in this cookie, are often well-tolerated in patients experiencing challenges with taste.



🍷 Sweet Foods

Foods that are naturally sweet, such as fruit, are more accepted in patients experiencing food that tastes too salty, bitter, or acidic.



🍷 Cinnamon

Cinnamon contains cinnamaldehyde, the component that gives cinnamon its flavor and odor is also known to help lower inflammation associated with certain cancers.



🍷 Cloves

Cloves may help with stomach upset, as it's a natural digestive aid. It's also rich in antioxidants to help protect healthy cells from becoming damaged.



🍷 Nutmeg

Nutmeg, like cloves, is a natural digestive aid to help with stomach upset. It's also rich in myristicin, a compound that may help promote tumor-fighting in the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 375°F. Line two baking sheets with parchment paper.

3. Mix Dry Ingredients

Mix 1 ½ cups rolled oats, baking powder, and spices (cinnamon, nutmeg, cloves) in a large bowl. Set aside.

4. Blend Fruit Mixture

In a food processor or blender, combine the flaxseed, water, applesauce, and remaining 1 ½ cups oats. Process until the batter has an even consistency. Add the strawberry fruit spread and blend until combined.

5. Combine All Ingredients

Pour the fruit mixture in with the dry ingredients and whisk until everything is combined. Stir in the dates and pecans. The mixture will be slightly wet.

6. Bake Dough

Drop 12 spoonfuls of dough onto each baking sheet. Bake for 15 to 20 minutes.

7. Cool & Enjoy

Allow the cookies to cool on cooling rack before enjoying. **Store cookies in an airtight container at room temperature for 2 days. Cookies will also keep in the refrigerator for up to 3 days.**

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from [forksoverknives.com](https://www.forksoverknives.com)

What You'll Need



(2) Baking Sheets



Parchment Paper



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Spoon



Blender or Food Processor



Whisk



Oven Mitt



Cooling Rack

Fatigue Buster

- Ask a friend or family member to help make these cookies.
- Make extra and freeze. Thaw to enjoy on days when experiencing taste challenges.