

French Polenta Spice Cookies

 4-5 Servings.  10 mins prep time  40 mins total time  4/5 Nutrition score

INGREDIENTS

- ½ cup (70 g) fine corn flour (polenta)
- 1 cup (130 g) your choice of flour
- ¾ container of yogurt or 1 full individual apple sauce serving “cup”
- 1/8 cup (50 mL) olive oil or coconut oil
- 1 tablespoon of lemon juice (optional)
- ¾ cup (70 g) sugar
- ¾ teaspoon of vanilla extract
- ½ teaspoon of baking soda
- ¾ tablespoon pumpkin spice



DIRECTIONS

1. Add the following ingredients into a bowl and mix together: oil, flour, polenta, sugar, spices, vanilla.
2. Mix the baking soda and lemon juice in a separate bowl.
3. Mix the two bowls together from steps one and two.
4. Add the yogurt / apple sauce and mix to form a ball like dough.
5. Set the oven to 330°F (170°C) and line a cookie sheet.
6. Form about 12 cookies and place them on the cookie sheet.
7. Bake the cookies for about 20 minutes until they are lightly golden brown.
8. Remove the cookies and let them sit on the sheet for 5 minutes before removing them to a cooling rack.

Bon Appetit!
Emilie Anne

