

Apple Cookies

TRY OUT THESE

Sweet

TREAT COOKIES

Full of essential
nutrients and

Flavour



Apple Cookies

The most important ingredient in this - and every recipe - is plant nutrients. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the apples for these cookies. Drawn from nature, plant nutrients help all of us grow up healthier and live longer lives because it adds nutrition to the foods we love.

To learn more about how plant nutrients feed the world, starting with your family, visit www.nutrientsforlife.ca

Ingredients

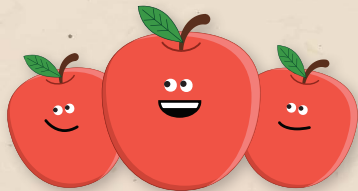
- NPK to grow the apples
- ½ cup of shortening
- 1 ½ cups of packed brown sugar
- 1 egg
- 2 cups all purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup milk
- 1 cup chopped walnuts
- 1 cup raisins
- 1 cup chopped apples

Vanilla Glaze

- 1 ½ cup confectioners sugar
- 1 tablespoon of butter or margarine melted
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt
- 2 teaspoons milk

Directions

- Preheat the oven to 400° F (200° C)
- Grease cookie sheets
- Cream shortening, sugar and egg. Add half of the dry ingredients
- Blend in milk and rest of dry ingredients
- Add nuts, raisins, apples and mix
- Drop on greased cookie sheet
- Bake for 10 to 12 minutes
- Let cool and spread with vanilla glaze (see recipe)



INTERNATIONAL YEAR OF
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2021

NUTRIENTS
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