

Almond Flour Apple Cookies

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These **Almond Flour Apple Cookies** are simple cookies made with 6 wholesome ingredients, but with no eggs, no dairy, and no gluten, and still 8 grams of protein and 5 grams of fiber.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at: <https://www.theconsciousplantkitchen.com/almond-flour-apple-cookies/> or scan the QR code here [→](#)



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Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 8 cookies Calories: 255.2kcal Author: Carine Claudepierre

Ingredients

- 2 ½ cups Almond Flour (note 1)
- 3 tablespoons Maple Syrup (note 2)
- 1 cup Grated Apples (note 3) about 1 large apple, unpeeled
- 1 teaspoon Apple Extract (note 4)
- 1 teaspoon Cinnamon
- ⅓ cup Pecans finely chopped (note 5)

Instructions

1. Preheat the oven to 350°F (180°C). Line a cookie sheet with parchment paper and lightly oil the paper with coconut oil. Set aside.
2. Choose a flavorful apple like Braeburn or Granny Smith. Using a hand grater, on the largest setting, grate the apple until you get 1 cup of grated apple
3. Chop the pecans on a wooden board.
4. In a large mixing bowl, stir almond flour, maple syrup, grated apples, apple extract, and cinnamon.
5. Stir with a rubber spatula until the dough forms. It should be sticky but easy to roll into a ball - not runny or too wet. If too dry, add a bit of water to stick everything together. If too wet, add a bit more almond flour to form dough.
6. Fold in the chopped pecans, and gently stir to incorporate without breaking them.
7. Divide the dough into 8 balls. The dough is sticky, so you may want to oil your hands to roll the dough balls.
8. Place each dough ball onto the prepared baking sheet, leaving an inch between each, and press the top slightly if you want to flatten the cookies. If you like, press a raw almond in the center top of each cookie, and press lightly to imprint. These cookies do not spread very much as they bake, which means the shape you give them now is almost what you get after baking them.
9. Bake the cookies in the center rack of the oven for 16-18 minutes at 350°F (180°C) until golden brown on the edges.
10. Let them cool down for 15 minutes on the cookie sheet, then slide a spatula under each cookie and cool down on a wire rack for 1 hour.

Notes

Note 1: The recipe works with an almond meal, but it doesn't work with coconut flour or regular flour. Sesame seed flour might work, but I haven't tested it.

Note 2: You can use any liquid sweetener like agave syrup, maple syrup, or apple syrup to boost the apple flavors of the cookies. Applesauce works too, and adds more apple flavor, but the cookies are softer.

Note 3: Choose apples with a strong, vibrant flavor or the almonds will mask it too much. This includes Granny Smith, Braeburn, Honeycrisp, and Jonagold. These varieties maintain their shape well during baking and offer a good balance of sweetness and tartness.

Note 4: If you skip the apple extract, the cookies won't have a strong apple flavor.

Note 5: Or chopped walnuts, almonds, or shredded coconut. You can also skip it.

Oven Mode: I use the fan-forced (convection) mode. If you have to use conventional mode, I recommend increasing the temperature by 25°F (15 °C). The baking time should be the same, but it might take a few more minutes.

Storage: Store the cookies in the fridge for up to 4 days in an airtight container. You can freeze the cookies in Ziploc bags and thaw them at room temperature the day before.