



Makes 12-14 snackles
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 cup rolled oats
1 cup oat flour
1/3 cup raisins
1/4 cup unsweetened finely shredded coconut or hemp seeds
1 teaspoon baking powder
1 teaspoon cinnamon
1 tsp lemon or orange zest (optional, but adds a beautiful essence)
1/4 teaspoon sea salt
few pinches freshly grated nutmeg (optional, but adds extra flavor if not using zest)
1/2 cup unsweetened applesauce (see note for substitution)
1/4 cup pure maple syrup (see note)
2-3 tablespoons non-dairy chocolate chips (optional)

Wholesome Oat Snackles

These little snackles are great for packing in lunches, for snacking, or to curb midmorning cravings. It's like having your oatmeal without the bowl!

From *Let Them Eat Vegan!*

<https://www.youtube.com/watch?v=gw-TVd7O8xg>

By Dreena Burton

- 1 Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- 2 In a large bowl, combine the oats, oat flour, raisins, hemp seeds, baking powder, cinnamon, zest, salt and nutmeg, stirring to mix well.
- 3 Add the applesauce, maple syrup, and chocolate chips. Stir until well incorporated.
- 4 Use a cookie scoop (or take spoonfuls, about 1-1 1/2 tablespoons in size) to transfer mounds of the batter to the baking sheet.
- 5 Bake for 14 to 15 minutes, remove from the oven, and let cool on the pan for about a minute, then transfer to a cooling rack.

Notes:

Savvy Substitutions and Additions: You can substitute 1/2 cup of pureed overripe banana for the applesauce. Since very ripened banana is typically sweeter than unsweetened applesauce (and also a little thicker) you can then reduce the maple syrup to 2 to 3 tablespoons and add 1 to 2 tablespoons of nondairy milk.

Sweetener Note: To make these snackles slightly sweeter, add either extra raisins, or 1 to 2 tablespoons of an unrefined sugar as Sucanat or coconut sugar. You can also add another 1 tablespoon of maple syrup (note that adding much more liquid sweetener will change the consistency of the batter).