



Makes 14 to 16 cookies
Cook Time: 1 hours 10 minutes

INGREDIENTS:

10 dates, pitted
1 cup unsweetened applesauce
1½ teaspoons apple cider vinegar
1 cup rolled oats
1 cup oat flour
½ cup quick-cooking oats
¾ cup roughly chopped walnuts
2 tablespoons grated lemon zest (from about 2 lemons)
2 teaspoons natural cocoa powder
1 teaspoon vanilla powder
½ teaspoon baking soda
Pinch of sea salt

Chewy Lemon-Oatmeal Cookies

The trick to keeping these chewy, flavorful cookies moist is the low-and-slow baking—45 minutes at 275°F—which allows them to bake through without drying out.

From *The Forks Over Knives Plan*

This recipe and other kid-friendly ideas are also available in our convenient iPhone app and newly released Android app.

<https://www.youtube.com/watch?v=9ksl6hleFrY>

By Darshana Thacker Wendel

- 1 Preheat the oven to 275°F. Line 2 baking sheets with parchment paper.
- 2 Place the dates in a medium bowl and cover with hot water. Set aside to soak for 20 minutes. Drain any excess water from the bowl and transfer the dates to a blender or food processor. Add the applesauce and vinegar and blend into a paste. Set aside.
- 3 In a large bowl, stir together the rolled oats, oat flour, quick-cooking oats, walnuts, lemon zest, cocoa powder, vanilla powder, baking soda, and salt. Add the date and applesauce paste and use a wooden spoon to mix lightly but well. The mixture should be on the dry side.
- 4 Scoop a golf-ball-size portion of dough with your hands. Gently roll it into a ball and then pat it flat; be very gentle and do not compact it. Place the round on the prepared baking sheet and repeat with the remaining dough.
- 5 Bake until the tops of the cookies appear crispy and browned, 35 to 45 minutes. Transfer to a wire rack to cool. Store in an airtight container at room temperature for 4 to 5 days (if they last that long without being gobbled up!).