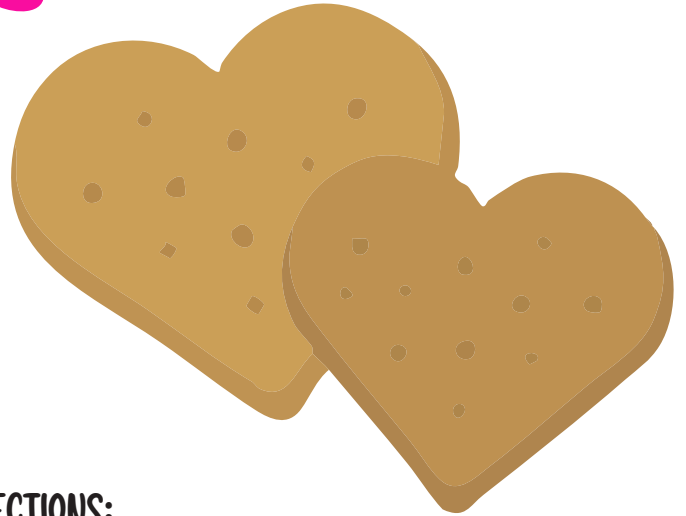




# HEART SHAPED COOKIES



## INGREDIENTS

- 1 CUP OF FLOUR – WHOLE WHEAT OR ALMOND
- ¼ CUP UNSWEETENED APPLESAUCE
- 2 TABLESPOONS OF HONEY
- 2 TABLESPOONS COCONUT OIL
- 1 TEASPOON CINNAMON

## UTENSILS

- MEASURING CUP
- MEASURING SPOONS – TABLE AND TEA
- MIXING BOWL
- MIXING SPOON
- BAKING TRAY
- ROLLING PIN
- COOKIE CUTTER – WE LIKE A VALENTINE HEART

## DIRECTIONS:

- 1 PREHEAT OVEN TO 300 DEGREES
- 2 IN A BOWL MIX THE HONEY, COCONUT OIL AND APPLESAUCE, WHEN BLENDED ADD THE FLOUR AND CINNAMON AND MIX WELL.
- 3 ROLL OUT THE DOUGH AND USE COOKIE CUTTER TO MAKE YOUR FAVORITE SHAPES
- 4 PLACE ON BAKING SHEET AND BAKE 12-14 MINS
- 5 LET COOL AND SHARE A COOKIE WITH YOUR DOGGY VALENTINE.

