

4-ingredient prune cookies



These cookies naturally satisfy your sweet tooth.

Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS.



Ingredients

Makes 12

- 16 sunsweet prunes
- 2 tbsp hot water
- 1 cup of rolled oats
- ¼ cup chopped walnuts

Method

Preheat oven to 375 degrees F.

In a food processor, pulse SUNSWEET prunes and hot water until smooth. Pulse in oats and walnuts until a sticky dough forms.

Roll dough into 12 balls and place on baking sheet lined with parchment paper.

Bake for 15 minutes. Immediately after removing from the oven, tap each of them down with a glass to form a cookie shape and let cool.

