

CINNAMON APPLE SNAPS

Oven: 325

4½ C oat flour

2 T safflower oil

1 C grated apple or unsweetened apple sauce

1 tsp cinnamon

1 C water

In a large bowl, combine flour, cornmeal, oil, and cinnamon.

Stir in water and apple.

Mix until a stiff dough forms. Knead till smooth.

Roll out on a lightly floured surface.

Cut with cookie cutters.

Bake at 325 degrees until browned and crunchy.

