

Minty Morsels



These little shamrocks are the perfect way to help your pup celebrate St. Patrick's day - and with the mint and parsley they are fantastic for fresh breath too!

Ingredients:

- 1 cup old fashioned oats
- 1 1/2 cups flour
- 1/2 cup plain, unsweetened applesauce
- 2 Tablespoons coconut oil, melted and cooled
- 1 egg
- 1/2 cup fresh Italian parsley, chopped
- 1/4 cup fresh mint chopped

Instructions:

- 1) Decide if you want your cookies chunky or smooth. If you want them smooth you can pulse the oats in a food processor to make an oat flour. If you want them chunky leave oats as is. We actually did half and half!
- 2) Add to the oats in your food processor the flour, applesauce, coconut oil, egg, parsley and mint.
- 3) Pulse several times to break up the herbs. Then run for just a minute or two until it comes together. Don't over process
- 4) sprinkle a little extra flour on your work surface and put the dough on it, top with a little more flour so nothing sticks.
- 5) Roll the dough out approximately 1/8" thick
- 6) Cut with any shape cookie cutter you would like
- 7) Bake at 350 degrees for approximately 16-18 minutes depending on the size of the cookie you cut. We like to rotate our baking sheets half way through cooking, switching the top and bottom rack for even cooking.

Yield: Our recipe made 30 shamrocks and bones of various sizes.

Keep in an airtight container or zip lock bag at room temperature for up to a week or freeze.