



1PL8 MAPLE APPLE CRUNCH COOKIES

Yield: 18–20 cookies

Bake: 10–13 minutes

Oven: 350°F

Cookie Dough

- ½ cup unsalted butter
- ½ cup brown sugar
- ¼ cup maple syrup
- 1 large egg
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1 cup old-fashioned oats
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- ¼ tsp 1PL8 Herb Salt™
- ½ cup finely diced apple
- ½ cup chopped pecans

Maple Glaze

- ½ cup powdered sugar
 - 1½ tbsp maple syrup
 - 1–2 tsp milk
 - Pinch cinnamon
1. Mix powdered sugar, maple syrup, milk and cinnamon.
 2. Drizzle over the cooled cookies.

The BIG technique: Brown Butter

1. This is what makes the cookie special.
2. Melt the butter over medium heat.
3. Let it foam.
4. Keep cooking until the milk solids turn golden brown and you smell that **nutty, toasted aroma**.



5. Then immediately remove it from the heat.
 6. **“We're not just melting butter. We're changing the flavor of the butter.”**
 7. Then let it cool slightly before building the dough.
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Cookie Method

1. Brown the butter

- a. Cool 5–10 minutes.

2. Build the wet mixture

Whisk:

- brown butter
- brown sugar
- maple syrup
- egg
- vanilla

3. Add dry ingredients

- Mix flour, oats, baking soda, cinnamon, ginger, nutmeg and Herb Salt separately.
- Add to wet mixture.
- Mix just until combined.

4. Fold in

- apple
- pecans

5. Scoop

- About **2 tablespoons per cookie.**
- Place on parchment-lined sheet.
- Leave plenty of room between them.

6. Bake

- **350°F for 10–13 minutes.**
- Edges should be set and lightly golden while the centers still look slightly soft.
- **“Don't wait for the center to look completely done. That's how you end up with a dry cookie.”**



- Let them cool on the pan for 5 minutes.
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"ENJOY THE HALLOWEEN TREATS, LAUGH WITH YOUR FAMILY, AND HAVE A LITTLE FUN—LIFE IS MEANT TO BE ENJOYED! ONE NIGHT DOESN'T MAKE OR BREAK YOUR PROGRESS. IT'S ALL ABOUT BALANCE: SAVOR THE TREAT, ENJOY THE MOMENT, THEN GET BACK TO NOURISHING YOURSELF TOMORROW. HAPPY HALLOWEEN!"