

HEALTHY SPICED PUMPKIN COOKIE RECIPE

Prep time: 10 mins

Total time: 30 mins

Serves 2-6

INGREDIENTS:

- 2 CUPS ORGANIC RAW WHOLE OATS
- 8 OUNCES (1 CUP) ORGANIC MASHED PUMPKIN FRESH OR CANNED
- 1 SMALL RIPE BANANA, CHOPPED
- 1/3 CUP SLICED ALMONDS
- 3 TBSP GROUND FLAX SEED
- 3 TBSP GRADE B MAPLE SYRUP
- 1 ½ TSP PUMPKIN PIE SPICE
- ¼ TSP FINE SEA SALT

RECIPE:

PREHEAT OVEN TO 350

LIGHTLY SPRAY BAKING SHEET

COMBINE PUMPKIN, BANANA, MAPLE SYRUP, PUMPKIN PIE SPICE AND SALT IN A LARGE MIXING BOWL

MIX ON HIGH UNTIL ALMOST SMOOTH

FOLD IN OATS, ALMONDS AND FLAX USING A LARGE WOODEN SPOON

FORM 6 LARGE COOKIES

BAKE 14-16 MINS, THEY WILL STAY SOFT BUT HOLD TOGETHER

LET COOL 10 MINS BEFORE EATING

REFRIDGERATE UP TO 3 DAYS

THIS RECIPE ALSO WORKS WELL AS 12 SMALL COOKIES

FOR ADDED FLAVOUR DIP IN CHOCOLATE GLAZE