

# Pumpkin Oat Cookies

**Prep Time**

5 min

**Cook Time**

20 min

**Servings**

12 cookies

## INGREDIENTS

- 2.5 cups rolled oats
- 1 cup pure pumpkin puree, canned or home made
- 2-3 tbsp maple syrup
- 1 tsp cinnamon OR pumpkin pie spice

Optional Extras or Substitutions:

- 1/2 cup chocolate chips
- 1/2 cup raisins
- Substitute maple sugar for date sugar, coconut sugar or agave
- Replace 1/4 cup of the oats with ground flaxseed

## DIRECTIONS

1. Preheat the oven to 350°F
2. Mix all ingredients in a large bowl to form a thick dough.
3. Use hands to form 12 cookies in desired size and shape. Place them on a baking sheet.
4. Bake cookies for 10 minutes
5. Remove cookies from oven and let cool

Storage of cookies in a sealed container:

- 3 days at room temperature
- 1 week in the fridge
- 3 months in the freezer



## Nutrition Info

not including optional extra ingredients

<b>Serving Size</b>	<b>1 cookie</b>
<b>Calories</b>	<b>79</b>

<b>Fat</b>	<b>0.1 g</b>
<b>Protein</b>	<b>2.3 g</b>
<b>Total Carbohydrates</b>	<b>15 g</b>
Sugar	2.7 g
Fiber	2.3 g
<b>Sodium</b>	<b>1.5 mg</b>

Recipe derived from <https://runningonrealfood.com/healthy-pumpkin-oat-cookies/>