

Pumpkin Oat Cookie

Prep Time: 5 minutes

Cook Time: 20 minutes

Serving: 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

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



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

Store cookies in a sealed container:

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

Source: <https://runningonrealfood.com/healthy-pumpkin-oat-cookies/>



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