

# PUMPKIN OAT COOKIES



RECIPE OF THE MONTH



SCAN THE QR CODE TO GET THE FULL RECIPE



OCTOBER

# PUMPKIN OAT COOKIES

## INGREDIENTS

- 2 ½ CUP ROLLED OATS (ORGANIC IF POSSIBLE)
- 2 CUPS ORGANIC PUMPKIN PUREE (NOT PUMPKIN PIE FILLING)
- ¼ CUP PURE MAPLE SYRUP (OR ORGANIC AGAVE NECTAR)
  
- OPTIONAL: ADD ¼ CUP DRIED CRANBERRIES, CHOCOLATE CHIPS, OR PECANS

## INSTRUCTIONS

- PRE-HEAT OVEN TO 350
- LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER
- IN A LARGE MIXING BOWL, COMBINE PUMPKIN, OATS AND MAPLE SYRUP. MIX WELL.
- FOLD IN ANY OPTIONAL ITEMS.
- WITH HANDS, FORM ROUNDS BALLS OF DOUGH, PLACE THEM ON BAKING SHEET AND SQUISH THEM FLAT INTO COOKIE SHAPES.
- BAKE FOR 10 MINUTES OR UNTIL GENTLY BROWNED
- REMOVE FROM OVEN AND LET COOL ON BAKING SHEET.
- THESE CAN ALSO BE FROZEN FOR LATER USE. PLACE IN AN AIR TIGHT CONTAINER AND STORE.

### NUTRITIONAL VALUES

1 SERVING = 1 COOKIE

PROTEIN - 2G

FIBER- 2G

CALORIES - 85

CARBS - 36G

FAT- 1G