

Pumpkin Oatmeal Cookies

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Notes

* You can make your own oat flour by grinding rolled oats to a flour in a food processor. Be sure to use certified gluten-free oats for allergies.

** You can make your own almond meal by grinding almonds to a fine crumb in a food processor. Careful not to process them for too long so that they don't turn to butter. Time does not include chilling dough.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: 20 cookies

Serving Size: 1 cookie

INGREDIENTS:

- 1 and 1/2 cups oat flour*
- 1 cup rolled oats
- 1/2 cup almond meal**
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup raisins
- 1/2 cup chopped pecans
- 1/2 cup pumpkin puree
- 1 tablespoon ground flax seed + 3 tablespoons water, or 1 egg
- 1/4 cup coconut sugar or organic brown sugar
- 4 tablespoons maple syrup
- 2 tablespoons melted coconut oil
- 2 Tablespoons unsweetened applesauce

Instructions:

1. Combine all of the dry ingredients (oat flour to baking soda) in a large bowl, sift together and set aside.
2. (If not using an egg) In a small measuring cup, stir together the one tablespoon of flax seed and three tablespoons of water. Allow to sit for five minutes to thicken.
3. In a separate large bowl combine the sugar, maple syrup, pumpkin and melted coconut oil then stir together. Pour the beaten egg, or flax mixture into the bowl then add the dry ingredients, the nuts, and the raisins. Use a spatula to fold everything together until a dough forms. Cover the bowl then transfer to the refrigerator to chill for 30 minutes.
4. Once the dough is chilled, preheat the oven to 350°F and line a baking sheet with parchment paper. Using a small scooper or spoon, scoop out a heaping tablespoon of dough at a time and roll into balls. If the dough is too sticky, try coating your hands with coconut oil before rolling the dough.
5. Place the balls on the cookie sheet a few inches apart then push down on them with your hands to form a circle. These cookies won't spread as they cook so however you shape them now is how they will look once they're done.
6. Cook in the oven for 10-12 minutes, until light golden brown and fragrant. Allow to cool for at least 15 minutes before eating. They will firm up as they cool.
7. Store in an airtight container in the refrigerator for up to 5 days.