

Pumpkin Spice Cookies

Ingredients:

- 3 tbsp avocado or melted coconut oil
- 1/4 cup brown sugar (or coconut sugar)
- 1 tbsp maple syrup
- 3/4 cup pumpkin puree
- 1 tsp vanilla
- 2 tsp ground flax
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 1/2 cups whole wheat flour
- 1 tsp cinnamon, 1/2 tsp ginger, 1/2 tsp nutmeg, 1/8 tsp cloves

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet.
2. Whisk together flour, flax, baking soda, sea salt and spices.
3. In a mixer, combine oil, sugar, maple syrup, pumpkin and vanilla.
4. Add wet to dry ingredients and mix until just combined.
5. Drop large spoonfuls onto lined baking sheet and bake 10-12mins. Allow to cool on baking sheet for a few minutes before allowing to cool completely on wire rack.

Optional: top with glaze (1/2 cup powdered sugar combined with ~1 tsp milk of choice, optional vanilla to taste)

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