

# 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 back 10-12mins. Allow to cool on backing 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, option vanilla to taste)

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