



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

PUMPKIN BREAKFAST COOKIES

INGREDIENTS:

- 3 C organic rolled Oats
- 1 1/4 tsp salt
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 2 TBS ground flax
- Mix in a bowl and set aside

- 1 1/3 C pumpkin puree
- 1/3 C almond butter or other nut butter
- 1/2 C maple syrup (or less)
- 1 TBS water
- 1 tsp vanilla
- 1/3 C dried fruit with no added sugar such as chopped dates, organic raisins, juice sweetened blueberries...
- 1/3 C nuts/seeds or a mix

DIRECTIONS:

- Add wet and dry together and let set 5 min for the wet to be absorbed with oats; then add dried fruit & nuts/seeds.
- Mix well.
- Preheat oven to 375.
- Line a cookie sheet with parchment paper.
- Scoop into 'breakfast cookie' size (about 1/4 C size) and press down gently to about 1/2" .
- Bake :25 or until the cookies are golden.

Freezes well. Serve as is or break up and serve with extra fresh fruit and unsweetened milk.

TIP: Take a mason jar lid and ring (wide mouth or regular), cover with plastic wrap. Scoop some batter and press firmly into lid. Pop out onto cookie sheet for a perfect round "cookie".



