

# Recipe

## PUMPKIN OAT COOKIES {GLUTEN FREE}

### THE GOODS:

**Yield: 16–18 cookies**

Yummy and naturally sweet with minimal ingredients.

- 1 cup pumpkin purée
- 2 cups quick oats
- 1/4 cup coconut sugar
- 1/2 cup of your favorite nut butter
- 1 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1 cup lily's extra-dark chocolate chips (optional)

### THE METHOD:

Preheat oven to 350 degrees F. Prepare cookie sheets with nonstick spray.

In a large bowl, mix together the oats, pumpkin, sweetener, nut butter, pumpkin pie spice, and cinnamon (and optional chocolate chips).

Stir until fully mixed.

Form dough into tablespoon-sized balls and gently press down onto baking sheet to flatten into cookie shape. Bake for 15–17 minutes.

*Boulder Nutrition*