INGREDIENTS

- 1 cup Instant Oats
- ¾ cup Whole Wheat Flour
- 2 tsp Cinnamon
- ¼ tsp Nutmeg
- ¼ tsp Ginger
- 1½ tsp Baking Powder
- ¼ tsp Salt
- 2 tbsp Coconut Oil or Butter

- ¾ cup Pumpkin Puree
- 1 tsp Vanilla Extract
- ½ cup Maple Syrup
- 2 tbsp Dark Chocolate Chips
- 1 tbsp Mini Dark Chocolate Chips

DIRECTIONS

- Preheat the oven to 325°F, and line a baking sheet with parchment paper. If you do not have parchment paper use a nonstick pan. Using spray will make the bottom of the cookies dark/hard.
- 2. Mix together oats, flour, cinnamon, nutmeg, ginger, baking powder, and salt in a bowl. Make sure to measure oats and flour very well. Too much or too little will alter the cookies consistency very easily.
- 3. In a separate bowl, whisk together the coconut oil, pumpkin purée, and vanilla. Slowly stir in the maple syrup.
- 4. Combined the flour mixture and liquid ingredients, stirring just until constant texture.
- 5. Slowly mix in all chocolate chips.
- 6. Divide and place cookie dough into 15 rounded scoops onto the prepared sheet and flatten to the desired thickness. Bake for11-14 minutes for desired texture. Cool on the pan for 10 minutes before turning out onto a wire rack.
- 7. Store in air tight container, and place parchment paper between layers to help from sticking.



UNIVERSITY OF COLORADO COLORADO SPRINGS



Chocolate Pumpkin Pie Bites

Dairy-Free | Vegetarian | Vegan

Yield: Prep Time: Cook Time: 15 Servings 15 Min 20 Min