

## INGREDIENTS

- 2 cup Whole Wheat Flour
- 1 cup Rolled Oats
- 1 tsp Baking Soda
- 1 tsp Pumpkin Pie Spice
- 1, 15 oz can Pumpkin, pure
- 1 cup Coconut Oil
- 1 cup Maple Syrup
- 1 Large Egg
- ½ cup Pumpkin Seeds
- ½ cup Dried Cranberries

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix whole wheat flour, old-fashioned oats, baking soda, pumpkin pie spice, and salt.
3. Mix pure pumpkin, coconut oil, brown sugar, and egg until well combined; gradually beat in flour mixture, then pumpkin seeds and dried cranberries.
4. Scoop onto large parchment-paper-lined cookie sheet to form 16 mounds, spaced 2-inches apart; flatten into disks.
5. Bake for 20 to 25 minutes or until dark brown on bottoms.
6. Let cool and enjoy!

### Tips:

Add nuts, seeds, or chocolate for added flavor, calories, or protein!



## Pumpkin Breakfast Cookies

*Dairy-Free | Vegetarian |*

Yield:  
16 Servings

Prep Time:  
10 Min

Cook Time:  
25 Min