



## Soft Pumpkin Cookies

6 servings

25 minutes

### Ingredients

- 1/4 cup Coconut Oil (softened)
- 1/2 cup Coconut Sugar
- 1 Egg
- 1/2 cup Pureed Pumpkin
- 1 tsp Vanilla Extract
- 1 cup Spelt Flour
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Baking Powder
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	218
Carbs	29g
Fiber	3g
Sugar	13g
Protein	5g
Cholesterol	31mg
Sodium	193mg
Vitamin A	3225IU
Vitamin C	1mg
Calcium	68mg
Iron	1mg
Vitamin D	7IU

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, use a hand mixer to cream the oil and sugar together. Add the egg, pureed pumpkin, and vanilla extract and beat until creamy.
- 3 In another bowl, combine the flour, pumpkin pie spice, baking powder, and salt. Add the wet ingredients to the dry ingredients and stir until combined.
- 4 Place about two tablespoons of dough per cookie onto the baking sheet and slightly flatten, leaving space between cookies.
- 5 Bake for eight to ten minutes. Let the cookies cool for about five minutes. Enjoy!

### Notes

**Leftovers:** Store in an airtight container on the counter for up to three days. Freeze for up to three months.

**Serving Size:** One serving is two cookies.

**More Flavor:** Add chocolate chips.