



Pumpkin Spice Oatmeal Cookies

Yield: 13 servings

Ingredients

- 1 cup whole wheat flour
- 1 cup rolled oats
- 2 teaspoons pumpkin pie spice
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- ⅓ cup extra virgin olive oil
- ⅓ cup maple syrup
- ⅓ cup pumpkin puree
- 1 tablespoon ground flaxseed
- 1 teaspoon vanilla extract
- ¼ cup dried cranberries
- ¼ cup chopped pecans

Instructions

1. Heat oven to 350 degrees and line a large baking sheet with parchment paper.
2. In a small bowl, stir together the flour, oats, pumpkin pie spice, baking soda, baking powder and salt.
3. In a separate medium bowl, whisk together oil, maple syrup, pumpkin puree, flaxseed and vanilla.
4. Add the dry ingredients into the wet ingredients. To avoid over mixing, fold in the dry ingredients until just combined.
5. Fold in the cranberries and pecans.
6. Scoop 2 tablespoons of dough onto baking sheet to create one cookie. Gently press down to slightly flatten.
7. Bake for 7 minutes.
8. Let the cookies cool for 5 minutes.

Nutrition Information

Serving Size: 1 cookie
Calories: 158
Total Fat: 8 g
Saturated Fat: 1 g
Monounsaturated Fat: 4.9 g
Polyunsaturated Fat: 1.3 g
Sodium: 106 mg
Total Carbohydrate: 20 g
Dietary Fiber: 2.4 g
Sugars: 7 g
Protein: 2.6 g

Source: Spectrum Health



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