

# Flourless Pumpkin Oatmeal Cookies

Prep time	Cook time	Total time
10 mins	12 mins	22 mins

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Yields: 12 large cookies

## Ingredients

- 1/4 cup nut/seed butter\*
- 1/3 cup canned pumpkin puree (NOT pumpkin pie filling)
- 1/4 cup coconut sugar\*\*
- 2 Tbsp. coconut oil, melted
- 1 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1 tsp. vanilla extract
- 3/4 cup rolled oats
- 1/4 cup arrowroot powder\*\*\*
- 1/2 tsp. baking powder
- 1/3 cup add-ins (chocolate chips, nuts, dried fruit, etc.)



## Directions

1. Preheat oven to 350F and line a cookie sheet with parchment paper or a non-stick baking mat. Set aside.
2. In a large mixing bowl, combine nut butter, pumpkin, sugar, coconut oil, spices, and vanilla, mixing until the sugar dissolves and the mixture is smooth. Add oats, arrowroot powder, and baking powder, mixing until well combined. Fold in chocolate chips.
3. Using a generous tablespoon, scoop out dough and drop it on your prepared baking sheet, flattening slightly. Dot with additional chocolate chips, if desired.
4. Bake for 10-12 minutes, or until the edges begin to turn golden brown. Remove from oven and allow to set on baking sheet for about 10 minutes before transferring to a cooling rack to cool completely. Store in an air-tight container for up to a week.

## Notes

\* I've used both almond and soy nut butters, and both turned out just fine. I do recommend using a no-stir butter, though, as the oils in the natural ones could change the consistency of the dough too much.

\*\* Can sub with any sugar you have on hand. I haven't tried it, but you -might- be able to get away with subbing in 2-3 Tbsp. of honey or brown rice syrup instead.

\*\*\* Can also sub with cornstarch.

Recipe by . running with spoons . at <http://www.runningwithspoons.com/2015/09/21/flourless-pumpkin-oatmeal-cookies/>