

# Soft Pumpkin Spice Cookies

Prep Time

Cook Time

Total Time

13-15 mins



Recipe by: Laura Bench

Category: Snack, Dessert

Servings: 6 (Makes about 12 cookies total)

## Ingredients

½ cup raw almond butter

½ cup pumpkin puree, canned

2 TB maple syrup, pure

1 whole egg, plus 1 egg white

½ tsp vanilla extract

½ tsp baking soda

1 ½ - 2 tsp pumpkin pie spice

A pinch (about 1/8 - 1/4 tsp) of baking powder, aluminum-free

¼ tsp salt

¼ cup raisins

1 TB raw pumpkin seeds (pepitas)

## Instructions

1. Preheat oven to 350°F. Mix all ingredients into a large mixing bowl. Mixture may seem a little runny for cookies but it's fine.
2. Drop by tablespoon onto a greased or parchment-lined baking sheet.
3. Bake for 13-15 minutes.

**\*Optional add-ins:** Instead of raisins & pumpkin seeds, try other dried fruits, unsweetened coconut flakes, chocolate chips, hulled hemp hearts, walnuts, etc.

For a more crispy cookie, only use 1 whole egg.

**Nutrition Info** Per Serving: 2 cookies (if you make 12 cookies)

Calories: 214

Total Fat: 13.4g

Carbs: 15.6g

Protein: 7.8g