




Pumpkin Breakfast Cookies

 14 ingredients  45 minutes  8 servings

Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

- Make it Sweeter** Add in a handful of dark organic chocolate chips.
- Vegan** Use maple syrup instead of honey and a chia egg instead of an egg.
- Storage** Store in the freezer in a zip-loc bag up to 1 month.

Ingredients

- **1 1/4 cups** Oats (quick or rolled)
- **1 1/2 tsps** Ground Flax Seed
- **2 tsps** Cinnamon
- **1 tsp** Nutmeg
- **1/4 tsp** Sea Salt
- **1 1/2 tsps** Baking Powder
- **1/2 cup** Pumpkin Seeds
- **1/2 cup** Sunflower Seeds
- **1 cup** Pitted Dates (chopped)
- **1** Egg
- **3/4 cup** Pureed Pumpkin
- **1/4 cup** Raw Honey
- **1 tbs** Coconut Oil (melted)
- **1** Carrot (grated)