

## Healthy Pumpkin Cookies

*Fluffy, soft, and filled with flavor! These cookies are a family favorite and are made with pumpkin, spices, pure maple syrup, egg, whole-wheat flour, and unsweetened applesauce. No worries, I still mix in some chocolate chips (because why not??). Other than the chocolate chips, all ingredients are dairy-free; the chocolate chips can be traded for vegan chocolate chips to make the whole recipe dairy-free.*

### **Ingredients:**

½ cup	Pumpkin puree
¼ cup	Unsweetened applesauce
1 medium	Egg
1 tsp	Vanilla extract
½ cup	Whole wheat flour
½ cup	All-purpose flour
1 tsp	Baking powder
¼ tsp	Baking soda
2 tsp	Cinnamon
1/2 tsp	Nutmeg
1/2 tsp	Ground ginger
1/2 tsp	Allspice
½ cup	Mini chocolate chips

### **Directions:**

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper and grease with cooking spray.
2. In a large bowl, mix wet ingredients until smooth.
3. In a medium bowl, whisk together the dry ingredients (except the chocolate chips).
4. Add the dry ingredients into the wet ingredients and mix until dough forms. Gently fold in the mini chocolate chips.
5. Place 1-tbsp dollops on the lined baking sheet, evenly spacing out each dollop. There should be about 11-12 dollops.
6. Bake cookies for 8-10 minutes.
7. Pull out of oven and allow cookies to cool. They will still cook when pulled out of the oven, so do not worry if cookies seem a little underdone.

Servings: 12 cookies

Serving size: 1 cookie

Healthy Pumpkin Cookies		
Nutrition Facts		
Serving Size: 1 Cookie		
Amount Per Serving	% Daily Value*	
Calories	97.9 kcal	5 %
<b>Total Fat</b>	3.3 g	5 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
Cholesterol	13.7 mg	5 %
Sodium	72.3 mg	3 %
<b>Total Carbohydrate</b>	16.3 g	5 %
Dietary Fiber	1.9 g	8 %
Sugars	6.4 g	
<b>Protein</b>	2.1 g	4 %
Vitamin A	21 % • Vitamin C	1 %
Calcium	3 % • Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a> </>		