

Soft and Chewy Pumpkin Spice Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour
- 1/4 cup almond meal (ground almonds / almond flour)
- 2 scoops Genuine Health Gut Superfoods Powder or 2 more tbsp almond meal
- 1 tbsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 4 eggs
- 1/2 cup coconut oil, melted*
- 2/3 cup pumpkin puree
- 1/4-1/2 cup real maple syrup
- 1 tsp vanilla extract

Instructions:

1. Preheat oven to 350F degrees. Grease a cookie sheet or line one with parchment paper.
2. Combine all the dry ingredients into a large bowl and set aside.
3. Combine wet ingredients into a bowl.
4. Combine the wet and dry ingredients together. Let the batter sit for 5 minutes. This is an important step because the coconut flour needs time to absorb the moisture.
5. Place by small spoonful the batter onto cookie sheet. If you've made these cookies with homemade pumpkin puree the batter will be thick and may not easily drop on to the cookie sheet. Just press down the batter with your fingers when you place it on the cookie sheet. They will still be nice and soft.
6. Bake for 15-20 minutes. I used my convection oven setting and they were done at 15 minutes, but add 5 more minutes if you don't have a convection oven.
7. Let cool a few minutes before transferring to a cooling rack because they will be soft. They freeze well and refrigerate them to keep longer.

Notes:

Makes approximately 2 dozen cookies 3.5 inch diameter cookies. You can omit all the spices and add the equivalent measurement of pumpkin spice. *Measure the coconut oil melted. Re. the timing: If you want crunchy cookies, add an extra few minutes to the baking time.