

Pumpkin Chocolate Chip Cookies JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour
- 1/2 cup almond flour
- 1/2 cup brown rice flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp ground ginger
- 1/4 tsp ground cloves
- 2 eggs*
- 3/4 cup pumpkin purée**
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/3 cup melted coconut oil
- 1/2 cup mini chocolate chips

Instructions:

1. Preheat oven to 350F (180C). Line a baking sheet with parchment paper.
2. In a large bowl combine dry ingredients flours, baking soda and powder, cinnamon, nutmeg, ginger and cloves.
3. In a smaller bowl combine wet ingredients eggs, pumpkin, maple syrup, vanilla and melted coconut oil. Make sure coconut oil is NOT too hot once you melt it otherwise it will cook the egg before you combine everything.
4. Add the wet ingredients to the dry and mix just to combine. Fold in chocolate chips.
5. Scoop out batter and form into ball with hand. Press down into cookie shape on baking sheet. Bake for 15 minutes or until golden brown.
6. Cool for 10 minutes on a cooling rack. Refrigerate for up to a week or freeze for up to 3 months.

Notes:

Makes 20 cookies. *These will probably work without eggs (2 flax eggs) but I haven't tried it. If you omit the eggs, you'll need to add more liquid. **I used fresh pumpkin I roasted myself so if you use the canned stuff these cookies may be a little more wet. ***If you are a seasoned baker, you could sub in different flours. For instance, if you don't like brown rice flour, you could use spelt or whole wheat or buckwheat. You may need to alter the moisture as some flours absorb more liquid.