


PUMPKIN SNICKERDOODLE
 36 portions

INGREDIENTS

- 1/2 tsp cream of tartar
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 pinch of salt
- 1 cup sugar
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- 1/3 cups of pumpkin, canned, without salt (81 g)
- 1 egg
- 1 tbsp pumpkin spice
- 3/4 cup enriched flour
- 1 cup of bobs Redmill Almond Flour (120 g)
- 3 tbsp sugar

COOKING METHOD

¹⁰ Description: Instructions: 1. Combine dry ingredients (first 6 ingredients). Beat sugar and coconut oil in a separate bowl until well blended. Add egg. Add pumpkin puree and vanilla. Mix wet and dry ingredients and chill in the fridge for 10-15 minutes. Meanwhile, set the oven to 375 degrees. 2. Mix 3 tbsp. sugar and 1 tbsp. pumpkin spice in a small bowl. Use a small ice cream scoop to make dough balls. Roll in sugar mixture and bake for 11 minutes. Recipe makes 36 cookies.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (18 g)	% DRI
ENERGY	384 kcal	70 kcal	4 %
FAT	15 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	7 g	1 g	7 %
CHOLESTEROL	28 mg	5 mg	2 %
SODIUM	133 mg	24 mg	1 %
CARBOHYDRATE	55 g	10 g	3 %
SUGARS	37 g	7 g	—
FIBER	1 g	0 g	1 %
PROTEIN	7 g	1 g	—