

## VEGAN, GF PUMPKIN SPICE CHOCOLATE CHIP DROP COOKIES

A yummy recipe for both vegan and gluten free sweet lovers. These little cookies use pumpkin puree, almond butter, ground flaxseeds, sorghum flour, non-dairy chocolate chip cookies, and of course pumpkin pie spice.

🕒 15 minutes

🕒 25 minutes

🍴 24 portions

### INGREDIENTS

- 1/3 cups of pumpkin, canned, without salt [81 g]
- 1/3 cups of nuts, almond butter, plain, without salt added [83 g]
- 1/2 cup of sugars, granulated [100 g]
- 1 tbsp, ground of seeds, flaxseed [7 g]
- 2 tsps of vanilla extract [8 g]
- 1.33 cups of oat flour, partially debranned [138 g]
- 1/2 tsp of leavening agents, baking soda [2 g]
- 1/2 tsp of salt, table [3 g]
- 1/4 cup of sorghum flour, whole-grain [30 g]
- 1 tsp of spices, pumpkin pie spice [2 g]
- 1/2 cup of mini chips of candies, semisweet chocolate [87 g]

### COOKING METHOD

- 1° Preheat oven to 350 degrees [F]. Line 2 cookie sheets with parchment paper.
- 2° In a large bowl, beat together the pumpkin puree, almond butter, sugar, and ground flaxseed with a hand mixer or fork. Once smooth, mix in the vanilla extract.
- 3° Add in the oat flour, baking soda, and salt, and mix well.
- 4° Add the sorghum flour and pumpkin pie spice and mix well. Then fold in vegan chocolate chips. You can use any brand of vegan chocolate chips (enjoy life, nestle tollhouse, etc) or use semisweet chocolate chips, just ensure the brand does not use milk in their ingredients of semisweet chocolate chips.
- 5° Drop spoonfuls of batter onto the parchment paper, about 1.5 tbsp. size to stick to the 24 cookie yield, or make them larger/smaller depending on preference.
- 6° Bake for 8-10 minutes depending on preference of texture; the longer they are in, the crispier they will be.
- 7° Remove from oven and let cool for 2-3 minutes before transferring them to a wire cooling rack to cool completely. Enjoy!

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [23 g]	% DRI
ENERGY	383 kcal	86 kcal	4 %
FAT	16 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	4 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	341 mg	77 mg	3 %
CARBOHYDRATE	55 g	12 g	4 %
SUGARS	29 g	7 g	—
FIBER	5 g	1 g	5 %
PROTEIN	9 g	2 g	—