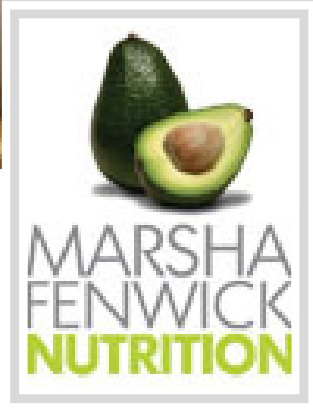


# Oatmeal Pumpkin Chocolate Chip Cookies



## TITLE:

Oatmeal Pumpkin Chocolate  
Chip Cookies

## PREP TIME:

5 mins

## NOTES:

Only 4 ingredients!  
So yummy while nutritious, low  
sugar, vegan and gluten free!  
Softer than most cookies &  
delish!

## INGREDIENTS:

- 2.5 cups Rolled or Quick Oats
- 1 cup canned pumpkin purée
- 2 Tbsp maple syrup or coconut sugar
- Chocolate Chips (optional)

## DIRECTIONS:

- Mix all ingredients together in a bowl to form thick dough.
- Shape into about 12 to 15 cookies
- Place on parchment paper. Bake for approx 15 to 20 min at 350°.
- Cool for 30 min and store in fridge.

Optimizing Your Health With Nutrition

Marsha Fenwick, CNP



eatup.

