Spiced Pumpkin Cookies

Ingredients
- 2 cups whole rolled oats
- 8 ounces (about 1 cup) mashed pumpkin (from a can)
- 1 small ripe banana, chopped
- 1/3 cup sliced almonds
- 3 Tbsp ground flax seeds
- 3 Tbsp maple syrup
- 1 ½ tsp pumpkin pie spice
- ¼ tsp fine sea salt

Making it
1. Preheat the oven to 350°F. Lightly spray a baking sheet with a natural olive oil or canola oil cooking spray.
2. Combine pumpkin, banana, maple syrup, pumpkin pie spice and salt in a large mixing bowl and mix on high with a hand mixer until mostly smooth, about two minutes.
3. Fold in the oats, almonds and flax using a large wooden spoon until the mixture is uniform. Drizzle melted dark chocolate and allow to set.
4. Let cool the cookies cool for approximately 10 minutes before eating.

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 29.7
Fat (g): 1
Carbohydrate (g): 4.5
Protein (g): 0.96
Fibre (g): 0.88

TIPS & HINTS
Store in an airtight container for up to 3 days