

## PUMPKIN COOKIES

With Thanksgiving right around the corner, why not give these pumpkin cookies a try!

### Ingredients

- 1 cup of softened butter
  - I use coconut oil; you can also do half applesauce and half coconut oil or another non dairy substitute.
- 1 cup white sugar
- 1 cup packed brown sugar
- 1 egg
- 1.5 tsp vanilla extract
- 1 cup pumpkin puree
- 1 cup rolled oats
- 1 tsp baking powder
- 1 tsp ground cinnamon
- $\frac{1}{2}$  tsp salt
- 2  $\frac{1}{2}$  cups all purpose flour - can be substituted with kamut/spelt flour or a gluten free mix.

### Directions:

1. Preheat oven to 350F
2. Cream together butter(substitute) and sugars until fluffy and then beat in egg, vanilla and pumpkin until smooth.
3. In a separate bowl, mix together the oats, baking powder and cinnamon, salt, and flour. Mix this mixture into the pumpkin mixture.
4. Drop cookies by the heaping tsp onto a parchment covered cookie sheet.
5. Bake for 12-15minutes or until slightly browned around the edges.
6. Remove from oven and place on cooling racks.

### **\*\*Note on sugar substitutions:**

Stevia - to make up for the lost volume from replacing the sugar, you can add unsweetened apple fiber. The bulk or consistency that sugar would normally add can be replaced with applesauce, fruit puree, canned pumpkin, fruit juice, yoghurt, or any ingredient that will taste right with your recipe and add moisture. For every cup of sugar that is replaced by stevia,  $\frac{1}{4}$  to  $\frac{1}{2}$  a cp of bulk should be added. [www.stevia.com/additionaluses.php](http://www.stevia.com/additionaluses.php)

- 1 tsp stevia (liquid or powder) = 1 cup sugar
- $\frac{1}{4}$  tsp stevia; 6-9 drops liquid stevia = 1 tbsp sugar
- A pinch of stevia (1/16 tsp) or 2-4 drops of liquid stevia = 1 tsp sugar

Honey - use  $\frac{3}{4}$  cup plus 1 tbsp honey for every cup sugar used and reduce other liquid ingredients by 2 tbsp. Unless the recipe calls for sour cream or buttermilk, add a pinch of baking soda to neutralize the acidity.

Maple syrup - use  $\frac{3}{4}$  cup for every 1 cup of sugar used and reduce the amount of liquid by 3 tbsp. Apparently grade B is better for baking because it has a stronger flavor.

Molasses - use 1  $\frac{1}{3}$  cup molasses as opposed to 1 cup sugar but only substitute for half the amount of sugar called for in the recipe; reduce the amount of liquid by 5 tbsp.