

Pumpkin Oatmeal Cookies

VEGAN + GLUTEN-FREE



Tested and Approved by **86lemons.com**

<http://86lemons.com/pumpkin-oatmeal-cookies>

Slightly Adapted from Original Recipe Source:

By Isa Chandra Moskowitz of Post Punk Kitchen

<http://www.theppk.com/2008/10/pumpkin-oatmeal-cookies>

YIELDS: 3-4 dozen cookies, depending on how big/small you make them

INGREDIENTS:

- 2 cups gluten-free flour mix*
- 1½ cups gluten-free rolled oats
- 1 tsp baking soda
- ¾ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ cup organic cane sugar*
(plus ¼ cup for coating)
- ⅓ cup organic coconut palm sugar*
- ¼ cup pure maple syrup
- ½ cup (scant) coconut oil, melted
- ¼ cup natural unsweetened applesauce
- 2 Tbsp blackstrap molasses
- 1 cup canned pumpkin
or cooked pureed pumpkin
- 1 tsp vanilla
- 1 Tbsp ground flax seeds
- 1 cup walnuts or pecans, finely chopped
- ½ cup raisins

STEP 1:

Preheat oven to 350°F. Lightly oil a baking sheet.

STEP 2:

In a medium bowl, stir together flour, oats, baking soda, salt and spices. Set aside.

STEP 3:

In a large bowl, stir together sugars (except ¼ cup of cane sugar for coating), maple syrup, coconut oil, applesauce, molasses, pumpkin, vanilla and flax seeds until very well combined. Add dry ingredients to wet in three batches, folding to combine. Fold in walnuts and raisins.

STEP 4:

Place reserved ¼ cup of cane sugar into a shallow bowl/container. With slightly damp hands, roll dough into 1" to 1½" balls. Roll each ball in cane sugar to give it a light coating. Place coated balls on prepared cookie sheet, then flatten each ball about half way to form a cookie shape.

STEP 5:

Bake for 16 minutes, or until golden brown, at 350°. Remove from oven, allow cookies to cool on pan for one minute, then transfer cookies to a wire rack to completely cool. These taste best when they've had some time to set. They taste even better the next day!

*NOTES:

I really like this GF Perfect Flour Blend from Namaste Foods: <http://amzn.to/1geG1G6>. It is sometimes available at Costco (5 lb. bag for about \$9).

I try to limit my refined sugar intake. If I'm going to use it in a recipe, I like to use organic, vegan, fair trade evaporated cane juice sugar like this one from Whole Sweeteners: <http://amzn.to/1geI9io>. It is sometimes available at Costco (10 lb. bag for about \$11). I like the same brand of organic coconut palm sugar.