



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 5 mins

Cook time: 20 mins

Serves: 15 cookies

INGREDIENTS

- 1 tbsp coconut oil, melted
- ½ cup pumpkin, cooked & mashed
- ½ cup rice malt syrup
- 1 egg, lightly beaten
- ⅓ cup coconut flour
- 1 cup almond flour
- 2 tbsp chia seeds

PUMPKIN CHOC CHIP COOKIES



- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp pink rock salt
- ½ tsp baking soda
- ½ cup dark choc chips

METHOD

- Preheat oven to 180°C.
- Line an oven tray with baking paper.
- In a bowl, combine wet ingredients, and mix well.
- Add dry ingredients (except choc chips), and mix to combine well.
- Fold in the choc chips.
- Roll mixture into walnut size balls, place on prepared tray and press with wet fork.
- Flatten well, as they do not spread when cooking.
- Bake in oven for 20 minutes, until edges become crisp and cookies browning.
- Cool before eating.