

# PUMPKIN OATMEAL COOKIES

## WITH WALNUTS

*Delicious vegan cookies with no eggs or butter*

Portion: 1-1/2 oz Yields: 28



**CALORIES (kcal): 175.4**

**PROTEIN (g): 2.2**

**CARBOHYDRATE (g): 24**

**TOTAL FAT (g): 8.4**

**SODIUM (mg): 109.7**

**SAT FAT (g): 0.7**

**DIETARY FIBER (g): 1.2**

### INGREDIENTS:

1-1/2 cup AP Flour

1-1/2 cup Whole Wheat Flour

1 tsp Baking Soda

3/4 tsp Salt, Kosher

1 tsp Ground Cinnamon

1/2 tsp Ground Nutmeg

1-2/3 cup Sugar, Granulated

2/3 cup Canola Oil

2 tbsp Molasses, Dark

1 cup Pumpkin Puree, Canned

1 tsp Pure Vanilla Extract

1 cup Walnut Halves & Pieces, Chopped, Toasted

### METHOD:

Mix all dry ingredients (flours, oatmeal, baking soda, salt and spices) together and place in a bowl.

In another bowl, mix together sugar, oil, molasses, pumpkin and vanilla. Add dry ingredients into wet in 3 batches, folding to combine.

Fold in walnuts. Form into balls, about 3 tbsp, in size. Roll and flatten to shape and place on paper lined cookie sheet. The cookies will not spread so space accordingly. Bake in a preheated 350 oven until cooked. Use a spatula to remove onto wire rack to cool and set

### CHEF'S NOTES:

Mix and match with other nuts like toasted pecans or almonds. Spices are a guideline, taste and add more to your taste.