# Healthy Pumpkin Spice Cookies: Oat and Almond Flour Biscuits

A soft bake using wholesome flours and naturally sweet maple syrup



| PREP | COOK | TOTAL | SERVES | CALORIES |
|---|---|---|---|---|
| **15 min** | **12 min** | **27 min** | **20 cookies** | **90 kcal** |

## Ingredients

- 200 g oat flour
- 60 g almond flour
- 2 g baking powder
- 1 g baking soda
- 1 g salt
- 6 g ground cinnamon
- 2 g pumpkin pie spice
- 240 g canned pumpkin puree
- 60 g maple syrup
- 40 g coconut oil, melted
- 5 ml vanilla extract
- 12 g ground flaxseed
- 30 ml water
- 1 tsp vanilla bean paste, optional

## Instructions

1. Prepare the oven: Preheat your oven to 180°C (350°F). Line a baking sheet with parchment paper. This prevents the cookies from sticking to the metal.
2. Mix dry ingredients: Whisk the oat flour, almond flour, baking powder, baking soda, salt, cinnamon and pumpkin pie spice in a medium bowl. Ensure there are no clumps for an even rise.

3. Combine wet ingredients: Mix the melted coconut oil, maple syrup and vanilla extract in a small bowl. Stir until the mixture is smooth and emulsified.
4. Create a flax-egg: Stir the ground flaxseed into 30ml water. Let it sit for 5 minutes. This allows the flax to thicken and act as a binder for the dough.
5. Form the dough: Fold the flax-egg into the wet mixture. Pour this into the dry ingredients and stir with a wooden spoon until a cohesive dough forms.
6. Add pumpkin puree: Gently fold in the pumpkin puree. Do not over-mix the batter. The dough should remain soft but hold its shape when scooped.
7. Shape the cookies: Drop rounded tablespoons of dough onto the sheet, spacing them 5cm apart. Flatten each mound with the back of a spoon to ensure even baking.
8. Bake and cool: Bake for 12 minutes until the edges are golden brown. Check the centre with a tester to ensure it is clean. Cool on the sheet for 5 minutes before moving to a rack.

## Notes

What to serve with itPair these cookies with a cup of spiced chai or hot cocoa for a festive treat. You can serve them warm with a dollop of plain Greek yoghurt or a drizzle of maple syrup. For extra crunch, dust the tops with a light sprinkle of toasted coconut before serving to your guests.

Storing and reheatingKeep cookies in a sealed container at room temperature for up to 5 days. If you freeze them, seal them in a tray first, then transfer them to a freezer bag for up to 3 months. Thaw at room temperature before eating. A shallow container prevents them from becoming stale.

Getting the texture rightBake for an additional 1 to 2 minutes if you want a crisper finish. For a chewier result, reduce the baking time to 10 minutes and press the dough out thicker. Always use a tester in the centre to ensure the dough is cooked through before removing the tray.

Making it aheadPrepare the dough and bake the cookies in advance to save time. Once they have completely cooled on a rack, store them in an airtight container. This allows the flavours of the cinnamon and pumpkin pie spice to meld and deepen before you serve them to others.