



“OH MY GOURD!” Pumpkin Cookies

Ingredients

Dry

2-2/3 Cups Almond flour
2 TB Arrowroot Powder
½ tsp baking soda
2 tsp baking powder
1 tsp cinnamon
1/3 cup date sugar
1 tsp vanilla powder
¼ tsp sea salt
½ cup pecans (if you want to use them)

Wet

½ cup canned pumpkin
½ cup cashew butter
1/3 cup date syrup (I like Date Lady or Just Date)
1 tsp lemon juice

Instructions

1. Place the oven rack in the upper part of the oven and preheat the oven to 350 degrees F. Line a cookie sheet with parchment paper. Set aside.
2. Place all the dry ingredients into a large bowl and stir or whisk to combine. Set aside.
3. In a smaller bowl, combine all of the wet ingredients and stir till it's a paste. Add to the dry ingredients.
4. Add pecan pieces.
5. Stir well.
6. Using a small spoon, scoop up the dough into a medium size scoop and set it onto the baking sheet. Spacing the cookies about an inch apart.
7. Bake in the preheated oven at 350 degrees for about 15-17 minutes. We want them medium brown in color but not burned on the edges (so you may need to keep an eye on them so they don't over cook).
8. Remove from the oven and cool about 3 minutes on the cookie sheet, then transfer to a wire rack to cool completely (about 30 minutes).

If you decide you want to frost or drizzle the cookies with the cashew frosting shown in the YouTube vid, here's that recipe and instructions:

Cashew Glaze

Ingredients

½ cup cashew butter

4 TB plant based milk (I like Elmhurst Coconut Cashew milk) or more to get to the consistency you like

2 TB date syrup

Instructions

Add the items above into your food processor and process until it reaches a drizzle (or frosting if you prefer). Then, either drizzle or frost fully cooled cookies. If you want a “hard shell” frosted cookie, refrigerate about 30 minutes.

Bon Appetit!