



PUMPKIN SPICE & PECAN OAT COOKIES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 250g pumpkin puree
- 200g GF rolled oats
- 2 tbsp honey or maple syrup
- 2 tbsp almond butter
- 2 tbsp coconut oil, melted
- 3 tbsp pecans, chopped
- 1 or 2tsp mixed spices
- pinch of salt

PREP TIME

- Prep | 15 m
- Cook | 15 m
- Ready in | 30 m

METHOD

- Preheat oven at 180°C.
- Line a baking sheet with parchment paper
- In a large bowl, place the pumpkin puree
- Add the oats, honey, almond butter and coconut oil and combine well
- Leave the mix to stand and rest for about 10-12 minutes (this will let the oats soak in the moisture from other ingredients)
- Roughly chop the pecan nuts, add to the mix and stir through evenly
- Take a tablespoon of the mixture at a time and place on to the baking sheet, shape and leave space between cookies
- Repeat until all your mixture is used up
- Place in the oven and cook for about 15 minutes
- Take out of the oven, leave to cool for 5 minutes and enjoy!

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