



Ashley's Meal Prep Monday!



Pumpkin Peanut Butter Cookies

INGREDIENTS

- 1/2 cup peanut butter
- 1/3 cup pumpkin puree
- 1/4 cup maple syrup
- 1 TSP vanilla
- 1 TSP cinnamon
- 1/4 TSP ground ginger
- 1/8 TSP ground nutmeg or ground clove
- 1/4 TSP baking soda
- 3/4 cup GF oat flour

Preheat oven to 350 and line a baking sheet with parchment paper.

In a large bowl, stir peanut butter, pumpkin, maple syrup and vanilla until smooth. Add in cinnamon, ginger, nutmeg/cloves, baking soda, and oat flour. Stir until sticky dough forms and set aside for 10 minutes to give the oat fiber time to absorb the liquid.

The batter should be easy to grab and roll into balls, but if not, add a little more oat flour, 1 TBSP at a time. Slightly wet or oil hands and scoop batter out to roll into a ball. Place on baking sheet and use the back of a fork to press down on the cookies twice, in opposite directions. Bake for 12-15 minutes.



Recipe: theconsciousplantkitchen.com

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