

# Ashley's Meal Prep Monday!

## Pumpkin Snickerdoodles

### INGREDIENTS

1/2 cup pumpkin puree  
1/4 cup coconut sugar  
1 TBSP maple syrup  
1 egg  
1/4 cup melted coconut oil  
1/4 TSP vanilla  
1 TBSP + 1/2 TSP pumpkin pie spice  
1/2 TSP baking soda  
pinch of salt  
1 1/2 cup almond flour  
3 TBSP + 1 TSP coconut flour

### Topping:

1 TSP cinnamon  
2 TBSP coconut sugar

### Icing:

1/4 cup powdered sugar  
1 TBSP maple syrup  
1 TBSP melted coconut oil

Preheat oven to 350 and line a large baking sheet with parchment paper. Using a hand mixer, mix all of the cookie ingredients until well combined.

Roll into cookies, then take each ball of dough and roll it in the cinnamon/sugar mixture. Lightly flatten and bake for about 8 minutes.

Let cool while you mix up the optional icing - add more or less powdered sugar until consistency you prefer and enjoy!



Recipe Idea: [www.hopeandhummus.com](http://www.hopeandhummus.com)

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