

# ROSEMARY'S PUMPKIN COOKIES



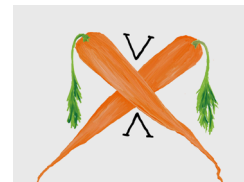
SERVES: ~16

PREP TIME: 15 MINUTES

COOK TIME: 12 MINUTES

TOTAL TIME: 27 MINS

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

Wet:

- 1/2 cup refined coconut oil\*
- 2 TBSP fresh rosemary, minced
- 1 cup pumpkin puree
- 1/4 cup maple syrup
- 1/3 cup coconut sugar
- 2 TBSP almond butter

Dry:

- 1 cup whole wheat pastry flour
- 3/4 cup unbleached, all purpose flour
- 1 tsp baking soda
- 1 TBSP ground flaxseed
- 1 tsp pumpkin pie spice\*\*
- 1/2 tsp salt
- 1/2 - 1 cup vegan chocolate chips

## METHOD

Preheat the oven to 350 degrees F. Prepare 2 baking sheets with silicon mats/parchment paper, 1 small and 1 medium mixing bowl, and all ingredients.

Combine wet ingredients in the medium bowl by first blending refined coconut oil and minced rosemary. A fork will do the trick for all your mixing needs in this recipe!

When coconut oil and rosemary are combined and smooth, add pumpkin puree, maple syrup, coconut sugar, and almond butter. Stir to combine, the coconut oil may look a little clumpy here, but it should come together just fine!

Now, sift the dry ingredients (flours, baking soda, pumpkin pie spice, and salt) into the small bowl. When combined, add dry ingredients in with wet. Mix well with a fork until JUST combined. Fight the urge to over mix. Fold in the chocolate chips.

Now, using an ice cream scoop or large spoon, begin placing balls of dough onto prepared baking sheet, about 2 inches apart. If you prefer a flatter cookie, you may press down slightly on the dough balls.

Bake in the 350 degree oven for 10-12 minutes, or once edges are golden brown. Allow to cool on baking sheet for 10 minutes, then transfer to a cooling rack if available. Store in an airtight container for up to 1 week or freeze for future eating!

## NOTES:

Note on texture of cookies: These lovely cookies are soft, chewy, fluffy, and cake-y! They will not be super crisp on the outside, this is due to the pumpkin puree.

\*Refined coconut oil is KEY here. Do not use raw coconut oil or your cookies will be flat and runny! YES, refined is more processed than raw, but baking is a tricky business and we're looking for the lesser of evils here. This is not a health food, but a treat to enjoy in moderation!

\*\*Pumpkin Pie Spice is pretty easy to find these days, but if you don't have it around, you can use this blend for a similar result: 1/2 tsp cinnamon, 1/8 tsp ginger, 1/8 tsp cloves, 1/8 tsp nutmeg, 1/8 tsp all spice

## NUTRITION:

Serving Size: 1 cookie Total Calories: 206 Fat: 11g Sodium: 157mg  
Carbohydrates: 23g Fiber: 3g Sugar: 10g Protein: 3g