

Healthy Pumpkin Chocolate Chip Oatmeal Cookies

Yield: 12-16 cookies

Healthy pumpkin oatmeal cookies without all the sugar and fat. Instead of chocolate chips and dried cranberries, feel free to use whatever add-ins you like best!

Ingredients:

1/2 cup pumpkin puree (not pumpkin pie filling)
1 large egg
1 teaspoon vanilla extract
3/4 cup whole wheat flour (or all-purpose flour)
1 and 1/2 cup old fashioned rolled oats
1/4 cup granulated sugar
1/4 cup packed dark brown sugar
1/4 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 and 1/2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ground cloves
1/2 cup semi-sweet chocolate chips
1/2 cup dried cranberries



Directions:

Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat. Set aside. In a mixing bowl whisk together pumpkin, egg, and vanilla until well combined. In a separate bowl, combine flour, oats, sugars, baking powder, baking soda, salt, spices, chocolate chips, and dried cranberries. Fold together the wet and dry ingredients until just combined - do not over mix. The cookie dough will be very thick. Taste the dough and add a pinch of salt if needed.

Drop by spoonful's onto cookie sheets and slightly flatten to the shape you want your cookie. Bake for 12-14 minutes until lightly browned. Allow to cool on the cookie sheet for at least 3 minutes and transfer to a wire rack. Cookies stay fresh at room temperature for 3 days in an airtight container.

Make ahead tip: For longer storage, you can freeze these baked cookies for up to 3 months. Thaw overnight in the refrigerator before serving.