

Recipe: Pumpkin-Oatmeal Cookies

Yields: 4-5 dozen

Ingredients:

1 c. canned or cooked pumpkin (unsweetened)
1 c. sucanut or rapadura (evaporated cane juice, minimally processed sugar)
2 eggs
1½ c. flour (can substitute rice flour instead – just use a tiny bit less)
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. cloves
3 c. oatmeal
1 c. raisins

Directions:

1. Thoroughly mix pumpkin and Sucanut or Rapadura.
2. Beat eggs into pumpkin mixture.
3. Gradually mix in flour, baking soda and spices
4. Mix in oatmeal and raisins
5. Drop by spoonfuls on non-stick or lightly greased cookie sheet.
6. Bake in 350 degree oven for 10-20 minutes (check for doneness after 10 minutes).

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
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