

Pumpkin-Cherry Breakfast Cookies

by Barb Hall

Whisk together 2 Cups whole wheat flour, 1 Cup old fashioned oats, 1 tsp. baking soda, 1 tsp. pumpkin pie spice and ¼ tsp. salt.

At medium speed, beat 1 can (15 oz.) pure pumpkin, 1 cup coconut oil, 1 cup brown sugar and 1 large egg until well combined; gradually beat in flour mixture, then ½ cup roasted pepitas* and ½ cup dried cherries**

Scoop onto large parchment lined cookie sheet to form 16 mounds, spaced 2" apart, flatten into disks. Bake at 350° for 20 to 25 min. or until dark brown on bottoms. Cool on wire rack.

Cooled cookies can be wrapped in plastic and stored at room temp up to 2 days or frozen up to 2 weeks. Reheat in toaster until crisp.

*Pepitas are pumpkin seeds.

**Dried cranberries might work if dried cherries aren't available

Each 2" cookie is about 290 calories, 5g protein, 33g carbs, 17g fat, 5g fiber, 135mg sodium.