

# HEALTHY PUMPKIN OAT COOKIES

**AUTHOR: DERYN MACEY**   **PREP TIME: 10 MINS**   **COOK TIME: 10 MINS**  
**TOTAL TIME: 20 MINUTES**   **YIELD: 12 COOKIES**    **CATEGORY: SNACK**  
**METHOD: BAKING**   **CUISINE: AMERICAN**   **DIET: VEGAN**



*While very tasty and satisfying, these healthy pumpkin oat cookies are more of a simple, nutritious snack than decadent dessert. Add the chocolate chips for a sweeter, yummiier treat!*

★★★★★  
4.7 FROM 70 REVIEWS

SCALE

## INGREDIENTS

2.5 cups (250 g) rolled or quick oats  
1 cup (240 g) pure pumpkin puree  
2–3 tbsp maple syrup, agave or coconut sugar,  
1 tsp pumpkin pie spice or cinnamon, optional but recommended  
1/2 cup dairy-free chocolate chips, optional but recommended

## INSTRUCTIONS

- 1 Pre-heat oven to 350 degrees.
- 2 Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust sweetness as desired. I use 3 tbsp of maple syrup.
- 3 Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
- 4 Prepare a baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
- 5 Remove from oven and enjoy warm after a few minutes. Let cool completely before storing. Store at in a sealed container at room temperature for 3 days, in the fridge for up to 1 week or freeze up to 3 months.

## NOTES

These are a soft cookie, the texture is somewhat like baked oatmeal or a hearty muffin. They are not a decadent dessert but more of a healthy and nutritious treat. They are still very yummy and satisfying though. I would definitely recommend adding the chocolate chips as some find them quite bland without, especially if you're making them for kids. They're still good with just the 3 ingredients but just a heads up if you're used to sweeter treats, you may find these plain.

I recommend using the best pumpkin puree you can find as it will make a difference in the texture and sweetness of the cookies. The best one I've found and my go-to for all my pumpkin recipes is Farmer's Market Organic Pumpkin. It's super smooth and creamy and has a delicious, subtly sweet pumpkin flavor that works wonderfully in recipes.

Other add-ins that work well are shredded coconut, walnuts or chopped pecans. If you don't have pumpkin pie spice, use cinnamon plus a pinch of ginger and nutmeg if you have them. Just cinnamon is good too!

Nutrition facts include oats, pumpkin and 3 tbsp of maple syrup. If using a sugar-free sweetener, they will be 70 calories each. If using maple syrup (or agave or coconut sugar) and adding chocolate chips, they will be 172 calories each.

For for sugar-free cookies sweeten to taste with powdered or liquid stevia or monk fruit sweetener.

## NUTRITION

*Serving Size: 1, Calories: 79, Sugar: 2.7 g, Sodium: 1.5 mg, Fat: 0.1 g, Carbohydrates: 15 g, Fiber: 2.3 g, Protein: 2.3 g*

*Keywords: healthy pumpkin cookies, pumpkin oat cookies, pumpkin oatmeal cookies*

### DID YOU MAKE THIS RECIPE?

Tag @runningonrealfood on Instagram and hashtag it #runningonrealfood

*Find it online: <https://runningonrealfood.com/healthy-pumpkin-oat-cookies/>*