



Lowfat Pumpkin Oatmeal Spice Cookies

from: www.lovefromtheoven.com

1 cup pumpkin
1 egg + 1 egg white
1 tsp vanilla
1 1/2 cup white wheat flour (you could use all purpose if preferred)
3 cups rolled oats
3/4 cup brown sugar
1/2 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
2 tsp pumpkin pie spice
Optional Mix Ins – 1 cup of pecans, walnuts, raisins or chocolate chips

Preheat your oven to 350 degrees.

In a mixing bowl combine pumpkin, eggs and vanilla until well combined. In a separate bowl combine flour, oats, sugar, baking powder, baking soda and spices and mix ins. Combine the wet and dry ingredients until just moistened. The mixture is fairly dry, and I found that it worked best to finish combining the mixture by hand in order to get everything fully combined. Drop onto baking sheets by spoonfuls, about 2" apart. I flattened mine a bit with the bottom of a glass that I had lightly sprayed with cooking spray. These cookies don't really spread, so they will come out of the oven pretty much the same shape and size they go in. Bake for 12-15 minutes. Optional: Add a glaze, icing or frosting of your choice if desired. Enjoy!

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