



Long Livo

Pumpkin Spice Cookies – Vegan Recipe

15 min

Prep time

24

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup canned pumpkin puree
- ☐ 1/2 cup coconut oil, melted
- ☐ 1/3 cup maple syrup
- ☐ 1/4 cup brown sugar
- ☐ 2 tbsp lemon juice
- ☐ 2 1/4 cups whole-grain flour

- ☐ 1 tsp baking soda
- ☐ 1 tsp pumpkin spice blend
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/4 tsp salt

Optional Add-ins

- ☐ 1/4 cup chopped walnuts
- ☐ 1/4 cup dried cranberries

Instructions

- 1 Preheat the oven to 350°F (175°C) and line two baking sheets with parchment paper.
- 2 In a large bowl, whisk together the pumpkin puree, melted coconut oil, maple syrup, brown sugar, and lemon juice until smooth.
- 3 Sift in the flour, baking soda, pumpkin spice, cinnamon, and salt; fold gently until just combined.
- 4 If using, stir in walnuts or cranberries, then scoop tablespoon-sized balls onto the sheets, spacing 2 inches apart.
- 5 Bake for 10-12 minutes, until the edges turn light golden; the centers may look a bit soft.
- 6 Cool on the sheet for 5 minutes, then transfer to a wire rack to finish setting.

Nutrition per serving

120 kcal

Calories

2 g

Protein

18 g

Carbs

5 g

Fat

Tips & notes

- Let the dough rest in the fridge for 20 minutes to improve shape.
- A pinch of sea salt on top before baking heightens the spice flavor.
- For extra crunch, sprinkle a tiny bit of granulated sugar on each cookie before baking.