

Pumpkin Trail Cookies



1/4 cup margarine or coconut oil
1/2 cup canned pure pumpkin
2 eggs, beaten
1/4 cup honey
1 cup rolled oats
1 cup quick-cooking oats

2/3 cup dried unsweetened
cranberries
2/3 cup pumpkin seeds
1/4 cup ground flaxseed
1 teaspoon pumpkin pie spice
1/4 teaspoon salt

Instructions: Preheat oven to 350°F. In a small microwave-safe dish, melt margarine or coconut oil in the microwave for 10-15 second intervals. In a large bowl, mix melted margarine or oil, pumpkin puree, eggs and honey. Stir in both types of oats, cranberries, pumpkin seeds, flaxseed, pumpkin pie spice and salt. Spray a baking sheet with non-stick cooking spray. Drop 3 Tablespoons of mixture and flatten with the bottom of a cup for each cookie. Bake for 15-20 minutes.

Yield: 18 cookies

Nutrition Facts (per serving): 110 calories, 5 grams fat, 65 milligrams sodium, 16 grams carbohydrate, 2 grams fiber, 3 grams protein