

## Chewy Pumpkin Chocolate Chip Cookies

**Prep Time:** 20 minutes

**Cook Time:** 12 minutes

**Total Time:** 32 minutes

**Servings:** About 20 cookies

**Serving Size:** 1 cookie

### Ingredients:

1 ½ cups whole wheat flour	¼ cup coconut oil, melted and cooled
½ teaspoon salt	¼ cup maple syrup
½ teaspoon baking soda	2 teaspoons vanilla extract
¼ teaspoon baking powder	½ cup 100% pumpkin puree (not pumpkin pie filling)
¾ teaspoon ground cinnamon	1/3 cup chocolate chips
¼ teaspoon ground nutmeg	
¼ teaspoon ground ginger	

### Directions:

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper or spray with cooking spray.
2. In a medium bowl, whisk together flour, salt, baking soda, and spices. Set aside.
3. Combine the coconut oil, maple syrup and vanilla together and whisk well until fully combined. Add the pumpkin puree and whisk vigorously until smooth.
4. Slowly add the dry ingredients to the wet and mix until just combined and dough forms. Stir in the chocolate chips with a spatula.
5. Drop large, rounded tablespoons onto prepared baking sheet. Bake for 8 minutes and then **LIGHTLY** flatten each cookie using a fork and place back in the oven to bake for an additional 4 minutes.
6. Remove from oven and let the cookies cool on the baking sheet for two minutes. Transfer to a wire cooling rack and cool completely.

### Tips and Tricks:

These cookies will have a chewy, almost moist cake-like consistency...they are amazing and I hope you enjoy them!

### Nutritional Information Per Serving:

**Calories:** 119  
**Fat:** 9.5 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 91.5 mg  
**Total Carbohydrate:** 7.9 g  
**Dietary Fiber:** 1.8 g  
**Sugars:** 4.8 g  
**Protein:** 2.5 g