

PUMPKIN BITES *If you like pumpkin pie, you'll enjoy these!*

Ingredients:

1 1/4 c oat flour (this recipe works best with oat flour)

1.5 tsp pumpkin pie spice

1 tsp baking soda

1/2 cup dates, chopped

1 banana

1/4 c milk or almond milk

3/4 cup cooked or canned **pure** pumpkin (NOT the canned *Pumpkin Pie 'Filling'*)

1 tsp vanilla

Optional: Nuts, raisins or dried cranberries for the centre of each cookie (try to find dried cranberries, sweetened only with apple or grape juice).



Preheat oven 350 F.

Combine the dry ingredients (the first three listed) in a bowl and set aside.

In another bowl, place the chopped dates, cover with water, and soften in the microwave for about 30 seconds to one minute. Remove from microwave and drain the water. Mash the dates well with a fork.

Mix in the banana, milk, canned pumpkin and vanilla.

TIP – you can also combine the dates, milk, banana, vanilla and pumpkin in a food processor.

Combine the wet ingredients into the dry ingredients.

Drop by rounded spoonfuls onto a baking sheet lined with parchment paper (makes about 24 “bites”). TIP: Put the batter into an icing bag, using the largest star tip.

Squeeze out the “bites” in rosebud-shaped cookies (as shown above). OPTIONAL: Push a nut, raisin, or cranberry in the centre of each.

Bake at 350 F for 12 - 15 minutes. Let the bites cool on a baking rack. If they seem very moist at first, they will firm as they cool.

Created by [Eve Lees](#) 2022.