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Pumpkin Breakfast Cookie

A delicious and nutritious breakfast cookie made with pumpkin puree, oats, and spices. Perfect for a quick and easy breakfast on the go.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 15 mins Total Time: 25 mins

Recipe Yield: 300 grams Number of Servings: 12

Serving Size: 25 g

Ingredients

200 g	Pumpkin Puree
200 g	Oats
100 g	maple syrup
100 g	almond butter
2 tsp	Cinnamon
1 tsp	Nutmeg

1 tsp	vanilla extract
0.5 tsp	Salt
1 tsp	Baking Powder

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the pumpkin puree, maple syrup, almond butter, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, combine the oats, cinnamon, nutmeg, salt, and baking powder. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4



Add the dry ingredients to the wet ingredients and mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Drop spoonfuls of the cookie dough onto a lined baking sheet. Flatten each cookie slightly with the back of a spoon.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Baking

Bake for 15 minutes, or until the edges are golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove from the oven and let cool on the baking sheet for 5 minutes. Transfer to a wire rack to cool completely.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

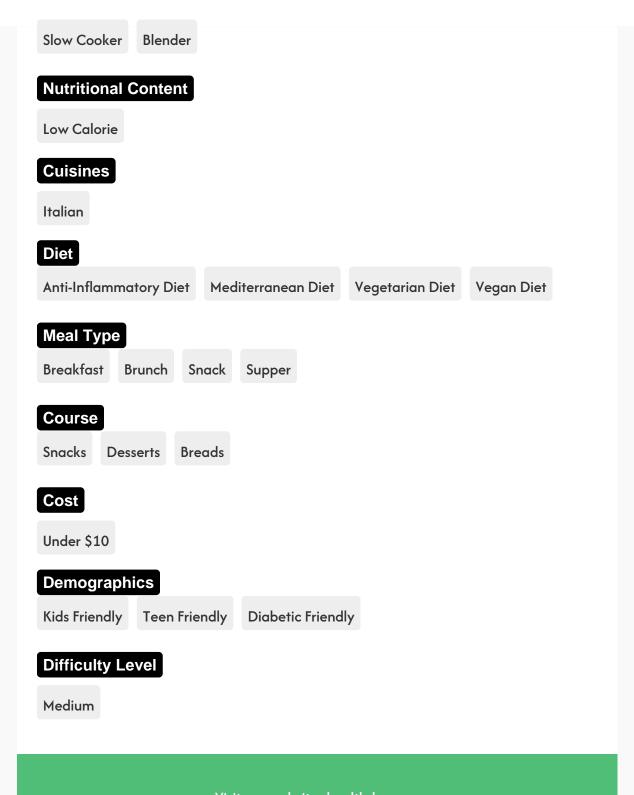
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools



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