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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

<b>1 tsp</b>	vanilla extract
<b>0.5 tsp</b>	Salt
<b>1 tsp</b>	Baking Powder

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### 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

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### 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

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## Step 4

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## Step 6

Baking

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## 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

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 4 g

**Carbohydrates:** 16 g

## Nutrition Facts

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**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**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

## Meal Type

Breakfast

Brunch

Snack

Supper

## Course

Snacks

Desserts

Breads

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

## Difficulty Level

Medium

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