



## Recipe Details

Recipe Name - Pumpkin Raisin Oatmeal Cookies

Recipe Steps -

### Ingredients

- 1 can 100% pumpkin
- 5 soft Medjool dates
- 2 1/2 cups rolled oats, divided
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/4 cup date paste
- 1/2 cup raisins (optional)

### Instructions

For date paste

- 1) boil 1 cup of water
- 2) Add 10 pitted Medjool dates to boiling water, cover
- 3) Remove from heat, let sit 10 minutes
- 4) Blend dates and water in a bullet or high-speed blender until smooth
- 5) Remaining date paste can be stored in the refrigerator for up to 10 days.

For cookies

- 1) Add pumpkin, 1/2 cup oats, dates, cinnamon, pumpkin pie spice, and vanilla to a blender or food processor, blend well
- 2) Place the blended mixture in a bowl
- 3) Add 2 cups oats, date paste, and raisins; incorporate well
- 4) Using a scoop, place desired size scoops on a parchment-lined cookie sheet
- 5) Flatten slightly with a fork
- 6) Bake at 350 degrees for 12 minutes
- 7) Let cool for 5 minutes
- 8) Enjoy!

