

Herbal Legacy Recipes

Pumpkin Spice Cookies

A festive and tasty cookie for all of your fall and winter holiday parties. Make sure to use high quality molasses in your cookies to fully appreciate the rich, full flavor that cannot be accomplished with other sweeteners.

INGREDIENTS:

- 3 cups whole-wheat pastry flour
- 2 teaspoon baking soda
- 1 teaspoon sea salt
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 Tablespoon plus 1 teaspoon Apple Cider Vinegar
- 1 15-ounce can solid-pack pumpkin (about 2 cups)
- 3 Tablespoons Agave
- 1/2 cup molasses
- 1 cup non-dairy milk (IE soymilk, rice milk, nut milk, or water)
- 1 cup raisins
- Chopped nuts, optional
- canola oil spray



DIRECTIONS:

Preheat oven to 350°F.

Mix together flour, baking soda, salt, cinnamon, and nutmeg.

In a separate bowl, combine Apple Cider Vinegar, pumpkin, Agave, molasses, and non-dairy milk or water.

Combine the two mixtures, then stir in raisins.

Drop by tablespoonfuls onto a baking sheet sprayed lightly with canola oil.

Bake 15 minutes, or until lightly browned.

Cool cookies on a wire rack. Store cookies in an airtight container in the refrigerator.

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