

Breakfast Cookies – Pumpkin

Preheat oven to 375.

Blend in a mixer: 4 TBS Butter, softened
½ cup Coconut Oil
2 TBS Brown Sugar
2 TBS Lakanto sweetener

Add & Blend: 3 Eggs
1 tsp Vanilla
8 drops Citrus Fresh Essential Oil
4 drops Tangerine Essential Oil
2 drops Ginger Essential Oil
1 can Pumpkin Puree

½ package soft or fermented Tofu, cubed (typical package is 12 – 14 oz)

Add & Blend: 2 cups Oats
1/3 cup King Arthur Flour gluten free Measure for Measure flour
½ cup any one or combination of: Chia, Hemp or Ground Flax Seeds
1 tsp Baking Soda
½ tsp Salt
1 tsp Cinnamon
½ tsp Nutmeg

Gently blend in: 1 cup chopped Walnuts &/or Pecans
½ cup dried cranberries or raisins
½ cup Bittersweet Dark Chocolate Baking Chips or Chunks



Place large dollops on parchment paper- lined baking sheets and cook until bottoms are dark golden-brown and tops just start to brown – approximately 21 minutes.