

# Pumpkin Cookies

with doTERRA essential oils

**Servings:38**

**Prep Time:10 min**

**Cook Time:10–12 min**

**Difficulty:Easy**

## Ingredients:

- 1 cup canned pumpkin
- ½ cup non hydrogenated vegetable shortening
- ½ cup sugar
- ½ cup packed brown sugar
- 1 teaspoon pure vanilla extract
- 3 drops Cinnamon bark oil
- 2 drops Ginger oil
- 1 drop Clove oil
- 1½ cups all-purpose flour
- ¼ cup oat flour
- 2 tablespoons cornstarch
- ½ teaspoon ground nutmeg
- ½ teaspoon baking powder
- ½ teaspoon salt
- Optional: 1 cup pumpkin seeds



## Instructions:

1. Reduce pumpkin by placing in a saucepan over medium heat for 30–45 minutes. Stir often until pumpkin has reduced to ½ cup. Set aside to cool.
2. Cream together shortening and sugars until light and fluffy. Mix in cooled pumpkin, vanilla, and oils.
3. Sift remaining dry ingredients. Mix until combined.
4. Preheat oven to 350° F. Line two baking sheets with parchment paper.
5. Roll rounded teaspoonfuls of dough into balls. Place onto baking sheets. Flatten tops with a spoon. Arrange a few pumpkin seeds in the center as garnish.
6. Bake 10–12 minutes. Let stand on cookie sheet for two minutes before removing to cool on wire racks.

## Tips:

Make your own oat flour by tossing oats in a food processor or blender.