

Pumpkin-Spice Flax Seed Cookies

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Adapted from The Flax Cookbook



- ½ cup brown sugar
- ½ cup honey
- ½ cup butter
- 1 cup pumpkin
- 2 tsp maple powder
- 1 egg
- 2 cup whole grain flour
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 2 tsp pumpkin pie spice or other spices as desired
- ¾ cup ground flaxseed

Optional ingredients:

- ½ cup chopped nuts
- ½ cup cranberries
- ½ cup chocolate chips

Preheat oven to 350° and spray cookie sheet. Mix sugar, butter and honey in mixer until light and fluffy. Add pumpkin, vanilla and egg to above mixture. Mix in the remaining ingredients beat on low until blended. Drop by large spoonfuls on cookie sheet and flatten if desired. Bake about 11-12 minutes.