

Pumpkin Oatmeal Bites

You will need:

- 1 can pumpkin puree
- 1/4 cup olive oil
- 1 cup dates, roughly chopped
- 1/2 cup almond milk
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- 3 cups oatmeal (no quick oats)



Combine all ingredients in a bowl or food processor. Mix well.

Spoon batter into pastry bag (or gallon size plastic bag with a corner cut) and pipe quarter-sized cookies onto greased cookie sheet.

Bake at 350* for 7 minutes

These cookies are high in fiber, have zero added sugar, and are delicious for developing palates!

