



cara price

SALTED CARAMEL PUMPKIN COOKIES

INGREDIENTS

- 2-1/2 cups almond flour
- 2 tablespoons coconut flour
- 3/4 cup honey
- 1/2 cup organic pumpkin puree
- 3/4 cup walnuts, chopped
- 1/4 cup coconut sugar
- 1 tablespoon vanilla
- 1 tablespoon palm oil
- 1 tablespoon coconut milk
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 +1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice

DIRECTIONS

preheat the oven to 350°

in a medium size mixing bowl combine almond flour, coconut flour, baking soda, baking powder, 1/2 teaspoon of salt, pumpkin pie spice & chopped walnuts. give it a quick stir just to get the mixing started. set aside.

in a small saucepan, heat honey over medium-low. once it starts to boil, set a timer for 5 minutes, keeping a close eye on it & gently swirl the pan every minute or so. remove from heat & quickly whisk in coconut sugar, palm oil, coconut milk, 1/4 teaspoon salt, vanilla & pumpkin. let this mixture cool for 5 minutes.

pour the pumpkin caramel sauce into the flour mixture & stir well combining completely.

form dough into balls & flatten with the palm of your hand. {wet your hands to keep the dough from sticking to your skin}

bake 10-12 minutes, allow to cool 5 minutes or so before devouring.

store leftover cookies in the fridge.