

## **Guilt-Free Avocado Almond Cookies Recipe Card**

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Yield: 6 Large Cookies

#### Ingredients:

- 2 regular ripe bananas, mashed (approximately 1 cup)
- 1 medium ripe avocado, mashed (about 1/2 cup, it might be a tad more)
- 1 egg's worth of Bob's Red Mill Egg Replacer (prepared as per package instructions)
- 2 Tbsp maple syrup
- 2 tsp vanilla extract (dry vanilla packet form for a more concentrated flavor)
- 1 to 1 1/4 cups almond flour (adjusted for consistency)
- 3/4 cup rolled oats
- 1 tsp baking powder
- 2 tsp cinnamon
- 1/4 tsp pumpkin pie spice
- 1 tsp nutmeg
- 1/2 cup raw pumpkin seeds

#### Directions:

1. Prep Time: Gather and measure all ingredients.
2. Preheat your oven to 350° F.
3. In a medium-large bowl, mash the banana and avocado by hand.
4. Mix in the prepared egg replacer, maple syrup, and vanilla using a hand mixer for a uniform blend.

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5. In a separate bowl, whisk together the dry ingredients, reserving 1/4 cup of the pumpkin seeds.
6. Combine wet and dry ingredients. Adjust almond flour quantity if the batter is too wet.
7. Line a baking sheet with parchment paper.
8. Scoop the dough onto the parchment using a soup spoon, doubling it up to form large, golf ball-sized portions.
9. Flatten each portion to the size of a typical width of a chocolate chip cookie using the back of the spoon or your hands.
10. Sprinkle each cookie with reserved pumpkin seeds.
11. Bake for 15-20 minutes. Keep an eye on them as oven times may vary.
12. Cool the cookies on a wire rack.

### **Storage:**

Individually wrap the cookies and refrigerate for up to a week or freeze for longer storage.