

DATE & PUMPKIN SEED COOKIES

Original recipe from Arrowhead Mills,
modified by Angela Lyrintzis

"It's challenging to find a cookie that is gluten free, dairy free, soy free, nut free, refined sugar free, AND healthy. That's exactly what these cookies are! Whenever I make them for my daughter, Julianah, she can't get enough of them and I feel good knowing that it won't trigger any of her food allergies/sensitivities. They taste great and are fast and easy to make!", **Angela**

Makes 16 - 20 cookies

Preheat oven to 350 F

Ingredients

- 3 cups puffed rice cereal
- 1 cup dates
- 3 tbsp vegetable or sunflower oil
- 1 egg
- Pinch of salt
- 1 tsp vanilla(which I don't add)
- 1/4 cup pumpkin seeds



Directions

Place all ingredients in the food processor, and process for 2-3 minutes, or until a cohesive ball forms. Form mixture into 1" balls on oiled cookie sheet (I use parchment paper) and flatten with a fork. Bake for 12 – 14 minutes.

Enjoy!

