



# PUP PLUMPKINS

## INGREDIENTS

- 1 1/2 cup oat flour
- 1 1/2 cup brown rice flour
- 1 tsp. cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground ginger
- 1 egg
- 3Tb. applesauce (unsweetened)
- 3/4 cup canned pumpkin (or fresh, pureed pumpkin)
- 1/2 cup water

## \* NOTES

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## INSTRUCTIONS

Preheat to 350. Combine all ingredients together and mix thoroughly. Spoon  
mixture out with a tablespoon and drop onto an ungreased cookie sheet.  
These cookies will not rise or flatten, so if you want a flatter cookie, press it  
down before baking.

Bake 18-22 min or until golden brown. Let cool completely on a wire rack.  
Store in an airtight container in the refrigerator.



**YUMMY FOR  
THE TUMMY**



DESIGNED WITH LOVE  TO BAKE WITH LOVE

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