



Protein Pumpkin Breakfast Cookies

8 servings
45 minutes

Ingredients

3/4 cup Oats (quick or rolled)
 2 tbsps Ground Flax Seed
 2 tps Cinnamon
 1 tsp Nutmeg
 1/4 tsp Sea Salt
 1 1/2 tps Baking Powder
 1/2 cup Pumpkin Seeds
 1/2 cup Sunflower Seeds
 1 cup Pitted Dates (chopped)
 1 Egg
 3/4 cup Pureed Pumpkin
 2 tbsps Raw Honey
 1 tbsp Coconut Oil (melted)
 1 Carrot (grated)
 1/2 cup Protein Powder (1/4 cup = 1 scoop)

Nutrition

Amount per serving	
Calories	253
Fat	11g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	11g

Directions

- 1 Preheat oven to 350 and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies or drop with a small ice cream scoop or spoon onto the baking sheet. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

VEGAN: Use maple syrup instead of honey and a chia egg instead of an egg.

LOVE YOUR LIVER: Pumpkin and its seeds contain a wide variety of forms of anti-oxidants, with a bioavailability greater than others. They also contain the mineral antioxidants like zinc and manganese, making these cookies an anti-oxidant and liver-supportive power-food! Because the liver plays a large role in hormone production in the body, anything that takes care of the liver is good for your hormones - and that includes testosterone and growth hormone!

PROTEIN POWER: Like most of our recipes at BUILD, we've ensured a good serving of protein in this cookie recipe to support your muscles, hormone production, and blood sugar balance. **DID YOU KNOW** that dates contain 23 types of amino acids? This makes them a perfect natural sweetener to use in your baking, one that also gives you a little extra protein.

CONVENIENCE COUNTS!: Chopping dried dates can be a little tedious. We've found a quick alternative - measure out your dates ahead of time, put in a bowl and add just enough water to cover them. Soak for at least a couple hours (overnight works great), then put them in your food processor or ninja for a few seconds before adding to your cookie mixture.

LOOKING FOR A QUICK ALTERNATIVE?: Choose a clean protein bar when you don't have time to bake. Rx Bar and the Sun Warrior bar are a couple of my personal go-tos. Look for options made with whole ingredients that aren't coated in chocolate!

SERVING SIZE: One large cookie is one serving. Have two cookies to get more nutrition - in particular, a full serving of protein in two delicious cookies!