



# Pumpkin Spice Quinoa Breakfast Cookies

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Recipe Source: [www.skinnytaste.com](http://www.skinnytaste.com)

Yield: 24 cookies (2 per serving)

## Ingredients:

1 ½ cup water  
¾ cup raw quinoa, rinsed well in strainer and drained  
1 cup all-purpose flour  
3 Tbsp packed light brown sugar  
¼ cup ground flaxseed (flaxseed meal)  
1 Tbsp pumpkin pie spice  
1/8 tsp salt  
½ cup pureed pumpkin  
2 Tbsp canola oil  
1 tsp pure vanilla extract  
1 egg white  
2 Tbsp honey or pure maple syrup

## Steps:

- Add water and quinoa to a saucepan. Cover and bring to a boil. Reduce heat to low and simmer, 15 minutes. Remove from the heat and allow to cool, uncovered, while other ingredients are prepared.
- Preheat oven to 350°. Line a baking sheet with parchment paper (or waxed paper). Set aside.
- Add flour, sugar, ground flaxseed, pumpkin pie spice, and salt to a large bowl and stir to combine. Measure 1 ½ cups of the cooked quinoa and add to the dry ingredients, stirring with a wooden spoon until quinoa is coated and no clumps of quinoa remain. Set aside.
- In a small bowl, whisk pumpkin, oil, vanilla, egg white, and honey to a small bowl. Stir well. Pour the wet mixture into the quinoa mixture and stir to combine.
- One tablespoon at a time, scoop mixture onto prepared baking sheet, leaving just a small space between each cookie. With dampened fingers, slightly press each cookie and smooth any rough edges. The cookies will basically maintain their same shape when baked.
- Bake in the preheated oven for 20-25 minutes until cooked through. Let cookies cool on the sheet for 10 minutes, then transfer to a cooling rack. The longer they cool, the better the cookies will stay together.

*Tips from the Test Kitchen: If you already have cooked quinoa on hand, you will need 1 ½ cups and you can omit the first step.*

**Nutritional Facts (per serving):** Calories: 172, Carbohydrates: 23 grams, Protein: 3 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 40 mg, Sodium: 33 mg, Fiber: 1 gram, Total Sugars: 7 grams.