



Pumpkin Cream Pound Cookies

Ingredients

1 C Flour
½ C Baking Stevia in the Raw
½ tsp baking powder
1 tsp pumpkin spice
1 tsp vanilla
90g (1/3 C) Pumpkin
90g (1/3 C) Light sour cream



Directions

Preheat oven to 400 degrees and spray cookie sheet with oil.

Whisk all dry ingredients in a bowl until combined. Add in pumpkin and sour cream and mix with spatula until smooth. Dough will be extremely sticky and unable to be handled with bare hands. Using a cookie scoop or table spoons, drop spoonfuls of batter balls on greased cookie sheet. Bake approximately 12-15 minutes. Transfer cookies to rack to cool. Serve warm or later that afternoon.

Pumpkin Cream

1 container Pumkin Chobani Greek yogurt
½ scoop (15g) Beverly International UMP Protein Powder
3-5g Jell-O Sugar Free Butterscotch Pudding Powder
1 tsp. Vanilla Extract
1 packet Stevia in the Raw

Mix all ingredients together. Best if prepared 2-3 hours ahead or the day before to allow powders to meld with yogurts. Ice either the tops of the cookies or slice in half and fill with pumpkin cream sandwich style.

Makes approximately 24 cookies.

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Macro/Calorie Counts:

One cookie without pumpkin cream = 6gC/>1gF/1gP Calories = 33

One cookie with .25 ounces of pumpkin cream = 7gC/1gF/2gP Calories 43

Counts will vary depending on number of cookies you get per batch. You may need to recalculate depending on how big you make your cookies.

Quick Prep Tips:

The taste and texture of these cookies will change the longer you keep them around. It is recommended you work them into your macros to consume them within a day or two. As these are very easy to prep, they are best made the day you plan to serve them.

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