

# Pumpkin Protein Healthy Cookies

No added sugar! These cookies can be a healthy snack or added to your breakfast with a protein to start your day off right

## INGREDIENTS:

- 1 banana (mashed)
- 1/2 cup pumpkin purée
- 2 tablespoons milk or water
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 cup oats
- 1/4 cup Muscle Phram Cookies and Cream Protein Powder  
Or any Vanilla flavored protein powder
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/4 cup walnuts
- 1/4 cup dark chocolate chips

## DIRECTIONS:

Preheat oven to 350 degrees. Mix all ingredients together. Lightly spray a cookie sheet with cooking spray. Scoop 12 cookie dough mounds with tablespoon placing on cookie sheet. Bake for 12 to 15 minutes or until done.

SERVING 12

