



Treats That Treat You Well

www.true-treats.com

Sweetened only with whole fruit!

World's first whole-food, plant-based baking mixes.

Free from refined sugar, oil/ butter, wheat, salt (optional), egg, dairy, preservatives, dyes, GMOs, words you can't pronounce, AND...it still tastes amazing!

Pumpkin Cookies

6 Ingredients: Ground oats, organic ground dates, ground blanched almonds, organic flaxseed, spices (Cinnamon, ginger, nutmeg, cloves, allspice), baking powder

Allergy warning: contains almonds

What you are eating:



Magically turned into:



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True Treats

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Follow us on Instagram: [@true-treats](https://www.instagram.com/true-treats)

This food is made in a home kitchen and is not inspected by the Department of State Health Services or a local health department.

Pumpkin Cookies



Ingredients you need:

- ½ cup canned pumpkin
- ⅓ cup applesauce
- 2 TBSP milk of choice or water
- ½ tsp. Salt (optional- tastes better with, but reduce or omit to reduce sodium)
- Optional: 1 Tsp vanilla, 1/2 cup of chocolate chips or other mix-ins (Raisins and walnuts, dried cranberries and white chocolate chips...our favorite is chocolate chips!)

Steps:

1. Preheat oven to 350 degrees F (175 degrees C)
2. Combine salt, pumpkin, applesauce, water/ milk and dry mix in a bowl. Mix well (using hand or electric mixer) in a bowl.
3. Add optional mix-ins (e.g. vanilla, chocolate chips) and combine
4. Drop by spoonful (about the size of a golf ball) on a cookie sheet. Separate cookies by about 2 inches.
5. Bake at 350 degrees F (175 degrees C) for approximately 15 minutes or until lightly brown and firm.
6. Take out of oven and lift cookies off with a spatula to prevent sticking. Enjoy!

*Store in freezer.

*Mix can also be used to make other things such as pumpkin bread or muffins, banana bread, muffins, or cookies, or carrot or zucchini bread.

True-Treats Wellness Challenge: Write a handwritten note of appreciation to someone. Take a picture and tag @true-treats!