

Pumpkin Spice Cookies



4:1 Ratio
2.88 Protein
2.18 Carbohydrate
201 Calories
Makes 1 generous snack serving

Ingredients

18g macadamia nuts, ground into butter
15g canned pumpkin puree, unsweetened
8g butter, room temperature
1g ground cinnamon
0.5g baking powder
0.5g baking soda
0.5g pure vanilla extract
11g egg whites, whipped into stiff peaks
Sweetener of your choice (recipe was tested with 6 drops of liquid stevia)



Directions

1. Pre-heat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Mix the first 7 ingredients together very well, until a smooth batter is formed. Add your choice of sweetener.
3. Fold the egg whites into the batter until well combined. A few white streaks are ok!
4. Drop small spoonfuls of the batter onto the lined cookie sheet. Bake for 12-15 minutes.

Notes

A tiny pinch of xanthan gum will help the cookies have a chewier texture.