

SPLENDOR GARDEN PUMPKIN SPICE COOKIES WITH CREAM CHEESE FROSTING

Cookie batter

1 ¼ cup Splendor Garden Organic Gluten Free Whole Oat Flour
 ½ cup coconut oil
 ⅓ cup organic cane sugar
 ⅓ cup brown sugar
 1 tsp pure vanilla extract
 1 egg
 ½ cup pumpkin puree
 2 tsp Splendor Garden Organic Pumpkin Pie Spice
 1 tbsp cornstarch
 ½ tsp baking powder
 ¼ tsp sea salt
 1 cup Splendor Garden Organic Gluten Free Thick Rolled Oats

Cream Cheese Frosting

1 block of cream cheese
 2 tbsp half and half
 2 tbsp real maple syrup

Preheat the oven to 350°F. You can buy whole oat flour or you can make your own by adding 1 ¼ cups of rolled oats to a blender. Blend on high until a fine consistency is reached. Set aside.

Get a large bowl and add ½ cup of coconut oil, ⅓ cup cane sugar & brown sugar, and 1 tsp of vanilla. Beat with a handheld mixer until light and fluffy. Fold in ½ cup of pumpkin puree and 2 tsp of Splendor Garden pumpkin pie spice. Add whole oat flour, ½ tsp baking powder, 1 tablespoon of cornstarch, and salt. Mix with a wooden spoon until fully incorporated then add 1 cup of rolled oats. Cookie dough will seem very sticky, however don't add additional flour. You will be surprised how easily it rolls into cookies or you can use a medium cookie scoop to form cookies. Bake cookies at 350°F for 15 minutes. These cookies are exceptionally moist and soft.

After cookies have cooled you can dress them up with some cream cheese frosting. This recipe uses real maple syrup instead of icing sugar to sweeten the frosting. Combine 1 block of cream cheese with 2 tablespoons of half and half and 2 tablespoons of maple syrup. This cream cheese frosting pairs so nicely with pumpkin!

NORTHERN NUTRACEUTICALS INC. ORGANIC FLAX POWER BALLS

¾ cup creamy peanut butter
 ½ cup semi-sweet chocolate chips
 1 cup old fashioned oats
 ¼ cup ground flax seeds
 1 tsp vanilla
 2 tbsp honey
 ½ cup surprise of your choice (cereal, dried fruit, cocoa, coconut, cashews, etc.)

Combine all seven ingredients, place in the fridge and chill for 30 minutes. Remove from the fridge and roll into balls. Make sure the balls can roll around in your palms. If too dry, add a few drops of water or a spoonful of peanut butter, and if too moist, add a little more oats or cereal. Store in the fridge for up to 10 days.



Canadian Organic Spice & Herb Co. Inc.
 Watson, Saskatchewan



Northern Nutraceuticals Inc.
 Spalding, Saskatchewan

