

Soft Pumpkin Cream Cheese Cookies Sandwiches

(gluten-free, paleo)



16 sandwich cookies = total carbs 5.06 per cookies sandwich

COOK TIME: 15 mins: 32 single cookies make 16 cookie sandwiches

Ingredients

- 1 1/2 cups blanched almond flour
- 2 tablespoons arrowroot powder
- 2 1/2 or 3 teaspoons pumpkin pie spice (make your own see below)
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda

Mix these separate

- 3 tablespoons melted butter
- 1/3 cup unrefined coconut sugar
- 1 egg, room temperature
- 2 teaspoons vanilla extract
- 1/2 cup pumpkin puree

Instructions Preheat oven 350 degrees

1. Mix almond flour, arrowroot, pumpkin pie spice, salt, and baking soda together.
2. Mix in a separate bowl, butter, coconut sugar and egg, whisk until the sugar dissolves.
3. Add the vanilla and pumpkin puree to step 2, and whisk well to combine the ingredients and add some air into the mixture.
4. Mix the wet and dry ingredients together just until combined. Freeze the dough for 15 to 20 minutes.
5. Line a cookie sheet with parchment paper, and drop tablespoonfuls of the chilled dough onto the sheet. Flatten the cookies slightly and bake until the bottom and edges start to brown, about 15 minutes. Allow the cookies to cool on a cooling rack completely before making the sandwich.

Sandwich filling:

- 4 oz cream cheese, room temperature (there will be some left over depe)
- 5 tablespoons unsalted butter, room temperature
- 1 tablespoon maple syrup
- 1/4 teaspoon of pumpkin pie seasoning
- 1/3 cup unrefined coconut sugar
- 1 teaspoon vanilla
- 1/8 teaspoon salt

Homemade Pumpkin Pie Spice:

3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 1/2 teaspoons ground allspice and 1 1/2 teaspoons ground cloves

Mix all spices together.