

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Pumpkin Cookies with Caramel Glaze***

1 1/2 cups (375 mL) grass-fed butter, room temperature  
1 1/4 cups (310 mL) sugar or monkfruit  
2 cups (500 mL) fresh cooked pumpkin purée  
2 farm fresh eggs or 2 flax eggs  
2 tsp (10 mL) baking soda  
1 1/2 tsp (7.5 mL) ground cinnamon  
1 tsp (5 mL) Ontario salt  
3 cups (750 mL) all-purpose flour

### Caramel Glaze

6 tbsp (90 mL) grass-fed butter  
1/2 cup (125 mL) whole milk or nut milk  
1 cup (250 mL) packed brown sugar  
2 cups (500 mL) icing sugar  
1 1/2 tsp (7.5 mL) pure vanilla extract

Preheat oven to 350F (180C). Cream butter, sugar and pumpkin purée in an electric mixer. Add eggs one at a time, mixing well after each addition. Sift together baking soda, cinnamon, salt and flour. Add to pumpkin mixture and mix well.

Drop cookies by the tablespoon, 2 inches apart, onto prepared cookie sheet. Bake for 10 minutes or until edges are lightly golden. Remove from oven and transfer to baking rack to cool completely.

To make caramel glaze: melt butter in a small saucepan and add milk and brown sugar. Cook over medium heat until sugar is dissolved. Cool slightly and add icing sugar and vanilla. When cookies are completely cooled, drizzle glaze over cookies.



*Recipe + photo courtesy of Lynn Ogryzlo*

*Episode #35: Toronto Sun Food Editor, Rita Demontis*

*Email Lynn with questions or comments at  
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***Because What You Put In Your Body Matters!***