

# Pumpkin Stick Cookies

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These **Pumpkin Stick Cookies** are hard and crunchy coffee stirrers. These fun pumpkin cookie sticks are perfect for stirring your latte and releasing light, sweet, and spicy flavors. Bonus, if you dunk them for a few minutes, they soften and you can crunch on them.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/pumpkin-stick-cookies/> or scan the QR code here →



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Prep Time	Cook Time	Total Time
10 mins	16 mins	26 mins

Servings: 16 sticks    Calories: 69.9kcal    Author: Carine Claudepierre

## Ingredients

- 1 cup All-Purpose Flour + little more to work the dough (note 1)
- ½ cup Pumpkin Puree (note 2)
- ⅓ cup Brown Sugar (note 3)
- ¼ teaspoon Baking Powder
- 2 teaspoons Pumpkin Pie Spices (note 4)
- 1 teaspoon Vanilla Extract optional (note 5)

## To Coat

- 1 tablespoon Maple Syrup (note 6)
- 1 teaspoon Pumpkin Pie Spices (note 4)
- ⅓ cup Unrefined Sugar (note 3)

## Instructions

1. Preheat the oven to 375 °F (190 °C).
2. Line a large baking sheet with parchment paper. Slightly oil paper with cooking oil spray. Set aside.
3. In a mixing bowl or the bowl of your stand mixer, add pumpkin puree, flour, baking powder, pumpkin pie spices, and vanilla extract.
4. Stir with a silicone spatula, then use your hands to knead the dough. It will be sticky. If it's too sticky, add a bit more flour, up to 2-3 tablespoons, but keep the dough soft. You can also use your stand mixer's paddle attachment or dough hook to form the dough.
5. Lightly flour a work surface. Place the dough on the surface and sprinkle extra flour on top of it so it doesn't stick to your roller pin.
6. Press and roll into a 6-inch by 9-inch rectangle (15 cm x 22 cm) and about 0.4-inch thick (1 cm).
7. Use a sharp knife or cutting wheel to cut out strips of dough. I made about 16 sticks 0.2 inches wide (5 mm).
8. Brush the top of each strip with maple syrup, then sprinkle the pumpkin spice sugar mixture to stick on top.
9. Place each stick gently on the baking sheet, face with no sugar on the baking sheet. Leave space between each cookie strip so they don't stick to each other. They won't expand in the oven, so it doesn't have to be a large space.
10. Bake the pumpkin stick cookies for 16-20 minutes at 375 °F (190 °C). The longer they bake, the harder they are, which means they can be dipped longer in hot drinks. Don't overbake them, or they will become too hard to bite in. The best time is 18 minutes, or until golden brown and slightly golden on top.
11. Let them cool down on the pan for 15 minutes then on a cooling rack.

12. Serve as coffee cookie dipper or stirrer to release flavor in your drink then eat as they soften in your drink.

### **Notes**

**Storage:** You can store at room temperature in an airtight container for up to 1 week.

**Note 1:** For a gluten-free version, use my gluten-free conversion guide.

**Note 2:** I am using canned pumpkin puree. It's 100% pumpkin, no added oil or sugar. You can use homemade pumpkin puree too, but not pumpkin pie filling or it will be very sweet.

**Note 3:** Any crystal sweetener works, including sugar or coconut sugar.

**Note 4:** You can swap for ground cinnamon.

**Note 5:** You can also try 1/2 teaspoon of almond extract.

**Note 6:** Any liquid sweetener will also work.

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