Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Intensity Level: Easy (Beginner-Friendly)
Servings: 24 cookies
Yield: Approximately 24 medium-sized cookies

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Introduction

Fall is the season of pumpkin spice, cozy sweaters, and warm baked goods fresh from the oven. But for those watching their sugar intake—whether due to diabetes, dietary goals, or simply a healthier lifestyle—traditional pumpkin cookies can be off-limits. That’s where these Sugar-Free Pumpkin Cookies come in. They deliver all the warm, spiced pumpkin flavor you crave without a single gram of added sugar. Naturally sweetened with mashed banana and a sugar substitute, these soft, chewy cookies are perfect for an afternoon snack, a lunchbox treat, or a holiday dessert table. Best of all, they come together in just 30 minutes with minimal effort, making them an ideal recipe for busy home bakers.

Ingredients

Dry Ingredients

- 1 ¾ cups all-purpose flour (or whole wheat pastry flour for extra fiber)
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg

- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves

Wet Ingredients

- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 1 ripe medium banana, mashed (about ½ cup)
- ½ cup unsalted butter, softened (or coconut oil for dairy-free)
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- ½ cup granulated sugar substitute (erythritol, monk fruit blend, or stevia baking blend)

Optional Add-Ins

- ½ cup sugar-free chocolate chips
- ½ cup chopped walnuts or pecans

- ¼ cup unsweetened shredded coconut

Equipment Needed

- Large mixing bowl
- Medium mixing bowl
- Electric mixer or whisk
- Measuring cups and spoons
- Baking sheet
- Parchment paper or silicone baking mat
- Wire cooling rack
- Spatula

Instructions

Step 1: Preheat and Prepare (Time: 5 minutes | Intensity: Low)

Preheat your oven to 350°F (175°C). Line two baking sheets with parchment paper or silicone baking mats. Set aside. Measure out all ingredients so they are ready to use—this makes the mixing process smooth and efficient.

Step 2: Combine Dry Ingredients (Time: 3 minutes | Intensity: Low)

In a medium mixing bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, nutmeg, ginger, and cloves. Whisk for about 30 seconds until the spices are evenly distributed. Set the dry mixture aside.

Step 3: Cream Butter and Sweetener (Time: 4 minutes | Intensity: Medium)

In a large mixing bowl, beat the softened butter and sugar substitute with an electric mixer on medium speed for 2–3 minutes until light and fluffy. Scrape down the sides of the bowl with a spatula to ensure even mixing. If using coconut oil, beat just until combined—do not overmix.

Step 4: Add Eggs and Flavorings (Time: 3 minutes | Intensity: Medium)

Add the eggs one at a time, beating well after each addition. Beat in the vanilla extract. The mixture should look smooth and slightly glossy.

Step 5: Incorporate Pumpkin and Banana (Time: 2 minutes |

Intensity: Low)

Add the pumpkin puree and mashed banana to the wet mixture. Beat on low speed until fully incorporated, scraping down the bowl as needed. The mixture will be wet and fragrant with spice.

Step 6: Combine Wet and Dry Ingredients (Time: 3 minutes | Intensity: Medium)

Gradually add the dry ingredient mixture to the wet mixture in three additions, mixing on low speed after each addition. Stop mixing as soon as the flour is incorporated—overmixing will result in dense, tough cookies. If using optional add-ins, fold them in gently with a spatula now.

Step 7: Scoop and Shape (Time: 5 minutes | Intensity: Low)

Using a tablespoon or cookie scoop, drop rounded tablespoons of dough onto the prepared baking sheets, spacing them about 2 inches apart. For neater cookies, gently roll the dough between your palms before placing it on the sheet. The dough will be sticky, so lightly dampen your hands if needed.

Step 8: Bake (Time: 14–16 minutes | Intensity: Low)

Bake in the preheated oven for 14–16 minutes, or until the edges are set and lightly golden and the centers still look slightly soft. Rotate the baking sheets halfway through baking for even browning. Ovens vary, so check at the 12-minute mark on your first batch.

Step 9: Cool (Time: 10 minutes | Intensity: Low)

Remove the cookies from the oven and let them rest on the baking sheet for 5 minutes—they will continue to set as they cool. Transfer to a wire cooling rack to cool completely. Repeat with remaining dough.

Step 10: Store and Enjoy (Time: 2 minutes | Intensity: Low)

Store cooled cookies in an airtight container at room temperature for up to 3 days, or refrigerate for up to 1 week. For longer storage, freeze in a single layer, then transfer to a freezer bag for up to 3 months.

Time and Intensity Summary

Stage	Time	Intensity
Prep and preheat	5 min	Low
Mix dry ingredients	3 min	Low
Cream butter and sweetener	4 min	Medium
Add eggs and flavorings	3 min	Medium
Add pumpkin and banana	2 min	Low
Combine wet and dry	3 min	Medium
Scoop and shape	5 min	Low
Bake	14–16 min	Low
Cool	10 min	Low
Store	2 min	Low
Total	~30 min active + cooling	Easy

Nutrition Information (Per Cookie, Based on 24 Cookies)

Values are approximate and will vary depending on the specific sugar substitute and optional add-ins used. Recipe analyzed without optional add-ins.

- Calories: 78 kcal
- Total Fat: 4.5 g
- Saturated Fat: 2.7 g
- Trans Fat: 0 g
- Cholesterol: 25 mg
- Sodium: 62 mg
- Total Carbohydrates: 8.2 g
- Dietary Fiber: 0.8 g
- Total Sugars: 0.9 g (natural from banana and pumpkin; no added sugar)
- Added Sugar: 0 g
- Protein: 1.4 g
- Vitamin A: 12% DV (from pumpkin)
- Iron: 2% DV

- Calcium: 2% DV