

Breakfast Pumpkin Cookies

Ingredients:

- 1¾ cups pureed pumpkin, cooked (or canned pumpkin)
- 1½ cups brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1½ cups flour
- 1¼ cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped walnuts

Preparation:

1. Preheat oven to 400°F.
2. Thoroughly mix pumpkin, brown sugar, eggs, and oil.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10–12 minutes until golden brown.

Yields 48 (1 cookie) servings

Nutritional Information Per Serving: 90 calories, 2g protein, 13g carbohydrate (1g fiber), 4g fat, 10mg cholesterol, 60mg sodium

Source: U.S. Department of Agriculture

