

# Breakfast Pumpkin Cookies

Serves 48 - 1 cookie

## Ingredients:

- 1¾ cups pumpkin (pureed, cooked)
- 1½ cups brown sugar
- 2 egg
- 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 walnuts (chopped)



## Directions:

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
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.

Source: What's Cooking?, USDA Mixing Bowl, <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-pumpkin-cookies>

Nutrition Facts	
Serving Size 1 cookie	
Servings Per Container 48	
Amount Per Serving	
Calories 103	Calories from Fat 60
% Daily Value *	
Total Fat 4g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 8mg	
Sodium 74mg	
Total Carbohydrate 16g	
Dietary Fiber 1g	
Sugars 9g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

# Breakfast Pumpkin Cookies

Serves 48 - 1 cookie

## Ingredients:

- 1¾ cups pumpkin (pureed, cooked)
- 1½ cups brown sugar
- 2 egg
- 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 walnuts (chopped)



## Directions:

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
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.

Source: What's Cooking?, USDA Mixing Bowl, <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-pumpkin-cookies>

Nutrition Facts	
Serving Size 1 cookie	
Servings Per Container 48	
Amount Per Serving	
Calories 103	Calories from Fat 60
% Daily Value *	
Total Fat 4g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 8mg	
Sodium 74mg	
Total Carbohydrate 16g	
Dietary Fiber 1g	
Sugars 9g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4