



Pumpkin Breakfast Cookies



Ingredients

- 1 $\frac{3}{4}$ cups cooked, pureed **pumpkin** (15 ounce can)
- 1 cup packed **brown sugar**
- 2 **eggs**
- $\frac{1}{2}$ cup **vegetable oil**
- 1 $\frac{1}{2}$ cups **flour**
- 1 $\frac{1}{4}$ cups **whole-wheat flour**
- 1 Tablespoon **baking powder**
- 2 teaspoons **cinnamon**
- 1 teaspoon **nutmeg**
- $\frac{1}{2}$ teaspoon **salt**
- $\frac{1}{4}$ teaspoon ground **ginger**
- 1 cup **raisins**
- 1 cup chopped **nuts** (any type)

Makes: 48 Cookies
Prep time: 20 minutes
Cooking time: 10 minutes



Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
4. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
5. Stir in raisins and nuts.
6. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
7. Gently flatten each cookie with the back of a spoon.
8. Bake 10 to 12 minutes until tops are dry and begin to brown.

Notes

- No raisins? Use any type of dried fruit.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

24 servings per container	
Serving size	2 cookies (62g)
Amount per Serving	
Calories	190
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 120mg	5 %
Total Carbohydrate 27g	10 %
Dietary Fiber 2g	7 %
Total Sugars 14g	
Includes 9g Added Sugars	18 %
Protein 3g	
Vitamin D 0mcg	0 %
Calcium 48mg	4 %
Iron 1mg	6 %
Potassium 160mg	4 %
Vitamin A 145 mcg	16 %
Vitamin C 1mg	1 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.