



# Pumpkin Breakfast Cookies



## Ingredients

- 1 ¾ cups cooked, pureed **pumpkin** (15 ounce can)
- 1 cup packed **brown sugar**
- 2 **eggs**
- ½ cup **vegetable oil**
- 1 ½ cups **flour**
- 1 ¼ 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 **nuts** (any type)

## 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.

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

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>2 cookies (62g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 14g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 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.

## Notes

- No raisins? Use any type of dried fruit.

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