

## Breakfast Pumpkin Cookies

*This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- 1 3/4 cups cooked, pureed pumpkin
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts or hazelnuts, chopped

### Directions:

1. Preheat oven to 400 degrees F.
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.

### Nutrition Facts

Serving Size 1 cookie (31g)			
Servings Per Container 48			
<b>Amount Per Serving</b>			
<b>Calories</b> 80	Calories from Fat 20		
% Daily Value*			
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 55mg			<b>2%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 9g			
<b>Protein</b> 1g			
Vitamin A 10%		Vitamin C 0%	
Calcium 2%		Iron 4%	
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Makes about 4 dozen cookies. 48 servings, one cookie each.

### Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>