Breakfast Pumpkin Cookies

Serves 48 - 1 cookie

Ingredients:

1³/₄ cups pumpkin (pureed, cooked)

1½ cups brown sugar

2 egg

½ cup vegetable oil

1½ cups flour

11/4 cups whole wheat flour

1 tablespoon baking powder

2 teaspoons cinnamon

1 teaspoon nutmeg

½ teaspoon salt

1/4 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

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%

*Percent Daily Values are based on a 2,000 calorie
diet. Your daily values may be higher or lower depending
on your calorie needs:

Iron

0%

0%

	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 · Ca	arbohydrate 4	 Proteir 	14

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Sodium 74ma Total Carbohydrate 16g Dietary Fiber 1g

Sugars 9q Protein 2q

Vitamin A 0% Vitamin C 0% Calcium 0% N% Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

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K-STATE



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Calcium

This material was funded by USDA's Supplemental Nutrition This interial was unded by Osabs Suppliermental Notificial Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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