



Breakfast Pumpkin Cookies

FoodHero.org



Ingredients



- 1 3/4 cups cooked, pureed pumpkin (15 oz can)
 - 1 1/2 cups brown sugar
 - 2 eggs
 - 1/2 cup oil
 - 1 1/2 cups flour
 - 1 1/4 cups whole wheat flour
 - 1 Tbsp baking powder
 - 2 tsp cinnamon
 - 1 tsp nutmeg
 - 1/2 tsp salt
 - 1/4 tsp ground ginger
 - 1 cup raisins
 - 1 cup walnuts or hazelnuts, chopped
- Yield: 48 cookies
Serving Size: 2 cookies



Directions



1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add pumpkin to mixture.
4. Add raisins and nuts.
5. Drop by the teaspoonfuls on greased baking sheet, 1 inch apart.
6. Gently flatten each cookie (use a spoon, bottom of glass, or palm of your hand).
7. Bake 10-12 minutes until golden brown.

Estimated Price:

Yield (48 cookies):
\$12.65

Serving size (2 cookies):
\$0.53

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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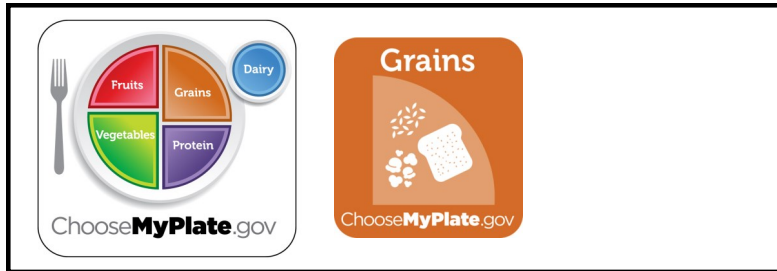
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Fast Facts



Featured Food Groups



Cooking Tips



- Added to fruit and a glass of milk, this makes for a nice breakfast.
- When made ahead of time, these make for an easy on-the-go breakfast, or a snack throughout the day.

Nutrition Facts



Nutrition Facts	
24 servings per container	
Serving size	2 cookies
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 110mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	20%
Vitamin C	2%

*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.

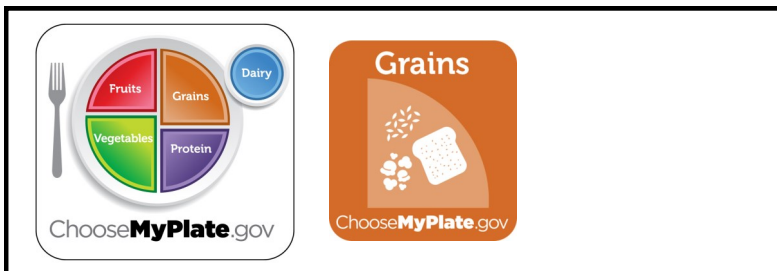
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