



Oatmeal Pumpkin Cookies



Ingredients



- 2 ripe bananas, mashed
- 1 cup canned pumpkin puree
- 1/2 cup brown sugar
- 2 cups rolled oats
- 1 Tbsp pumpkin pie spice
- 1/2 cup raisins, chocolate chips, nuts, or seeds



Directions



Yield: 24 cookies **Serving size:** 1 cookie **Total cost:** \$3.36 **Serving cost:** \$0.14

- Preheat oven to 350 F and line a baking sheet with parchment paper.
- In a large bowl, mix mashed bananas and pumpkin puree together. Add in brown sugar, oats, and pumpkin spice until well combined. Fold in desired toppings
- Scoop tablespoon sized scoops onto baking sheet. Press dough down with hands to shape cookies. Bake 18-20 minutes until lightly golden brown on top. Let cool 5-10 minutes on baking sheet before transferring to cooling rack.

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



Oatmeal Pumpkin Cookies



Ingredients



- 2 ripe bananas, mashed
- 1 cup canned pumpkin puree
- 1/2 cup brown sugar
- 2 cups rolled oats
- 3 tsp pumpkin pie spice
- 1/2 cup raisins, chocolate chips, nuts, or seeds



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Fast Facts



Featured Food Groups



Cooking Tips



- Make your own pumpkin pie spice using 2 tsp cinnamon, 1 tsp ginger, and 1 tsp nutmeg.
- Eat these cookies for breakfast or as a healthy treat.
- Freeze for longer storage.

Nutrition Facts	
24 servings per container	
Serving size	1 Cookie (1g)
Amount Per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.36mg	2%
Potassium 141mg	4%
<small>*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.</small>	

Second Harvest is an equal opportunity provider.



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