

# Recipe for

## PUMPKIN COOKIES

EQUIPMENT NEEDED Large bowl, baking sheet, parchment paper, spoon, measuring cup, measuring spoon, oven

ESTIMATED COST \$4.95 COST PER SERVING \$0.71 SERVES 7 (2 ea)

### INGREDIENTS

- ½ cup canned pumpkin puree
- ½ cup peanut butter
- ¼ cup honey
- 1 tbsp vanilla extract
- 1 ¼ cup oats
- 2 tsp pumpkin pie spice
- ½ tsp baking powder
- ¼ c. dried cranberries

### METHOD OF PREPARATION

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, stir together the pumpkin, peanut butter, honey, and vanilla. Then add oats, pumpkin pie spice, dried cranberries and baking powder stirring until combined.
3. Gently mix cranberries into the mixture.
4. Using a large spoon, drop mounds (about 1 ½-2 tbsp) of dough, 2 inches apart on the prepared cookie sheets.
5. Bake for 13 to 15 minutes, or until cookies are slightly browned. Remove from the oven and allow the cookies to cool down before serving.

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### NUTRITION INFORMATION

Pumpkin Cookies		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	233.8 kcal	12 %
<b>Total Fat</b>	10.6 g	16 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	40.7 mg	2 %
<b>Total Carbohydrate</b>	30.7 g	10 %
Dietary Fiber	3.2 g	13 %
Sugars	17.2 g	
<b>Protein</b>	6.2 g	12 %
Vitamin A	36 % • Vitamin C	1 %
Calcium	4 % • Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="https://cronometer.com">cronometer.com</a>		

### HEALTH BENEFITS

**Peanut Butter** is full of good fats, vitamins and minerals. It contains iron, calcium, and Vitamin B3, which has been shown to help with memory disorders.

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**Pumpkins** are known for their bright orange color due to the high amounts of beta-carotene. Beta-carotene gets converted into Vitamin A, which helps support our immune system and vision health.



### References:

1. Recipe provided by Kelley Robertson.