

Pumpkin Harvest Cookies

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 28 total cookies Serving Size: 2 cookies

Ingredients	Quantity	Measure
Granulated Sugar	$\frac{3}{4}$	cup
Light Brown Sugar	$\frac{1}{4}$	cup
Margarine (plant based)	$\frac{1}{2}$	cup
Flaxseed	1	Tbsp.
Water	3	Tbsp.
Pumpkin (canned)	1	cup
All Purpose Flour	2	cups
Cinnamon	$\frac{1}{2}$	tsp.
Cloves	$\frac{1}{4}$	tsp.
Baking Soda	1	tsp.
Salt	$\frac{1}{2}$	tsp.
Vanilla flavoring	1	tsp.
Raisins (optional)	1	cup
Walnuts (optional)	1	cup

Preparation

1. Mix flaxseed and water and let set for five minutes.
2. Blend sugar, margarine, flaxseed mixture, vanilla and pumpkin.
3. Add flour, cinnamon, cloves, soda and salt. Blend well.
4. Stir in raisins and nuts. If desired.
5. Bake 375 for 12-15 minutes or until done. These are soft cookies.

Serving Suggestion

Serve two cookies per serving.

Nutrition Information *From USDA Nutrient Database

2 cookies without raisins and walnuts

Calories: 104 Total Fat: 3g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 17g Fiber: 3g Total Sugar: 8g Protein: 1g Sodium: 148mg Vitamin A: 79µg
Vitamin C: 0mg Calcium: 7mg Iron: 1mg Folate: 32µg

2 cookies with raisins and walnuts

Calories: 155 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 22g Fiber: 3g Total Sugar: 12g Protein: 2g Sodium: 148mg Vitamin A: 79µg
Vitamin C: 1mg Calcium: 15mg Iron: 1mg Folate: 37µg

