

# Breakfast Pumpkin Cookies

Rating: ★★★★★

Makes: 48 servings

## Ingredients

- 1 **3/4 cups** pumpkin (pureed, cooked)
- 1 **1/2 cups** brown sugar
- 2 egg
- 1/2 **cup** vegetable oil
- 1 **1/2 cups** flour
- 1 **1/4 cups** whole wheat flour
- 1 **tablespoon** baking powder
- 2 **teaspoons** cinnamon
- 1 **teaspoon** nutmeg
- 1/2 **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.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>90</b>	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	60 mg	3%