

# Pumpkin Harvest Cookies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 28 total cookies

Serving Size: 2 cookies

Ingredients	Quantity	Measure
Flaxseed	1	tablespoon
Water	3	tablespoons
Granulated sugar	$\frac{3}{4}$	cup
Light brown sugar	$\frac{1}{4}$	cup
Non-dairy margarine	$\frac{1}{2}$	cup
Vanilla flavoring	1	teaspoon
Pumpkin, canned	1	cup
All-purpose flour	2	cups
Cinnamon	$\frac{1}{2}$	teaspoon
Cloves	$\frac{1}{4}$	teaspoon
Baking soda	1	teaspoon
Salt	$\frac{1}{2}$	teaspoon
Raisins, optional	1	cup
Walnuts, optional	1	cup

## Preparation

1. Mix flaxseed and water in a small bowl until well combined and let set for five minutes.
2. Using a mixer, blend granulated sugar, light brown sugar, margarine, flaxseed mixture, vanilla and pumpkin.
3. Add the flour, cinnamon, cloves, soda and salt. Blend well.
4. Stir in raisins and nuts. If desired.
5. On parchment lined sheet pans, portion out cookie dough to yield 28 cookies.
6. Bake at 375 degrees Fahrenheit for 12-15 minutes or until done. These are soft cookies.

## Nutrition Information per serving \*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 Iron: 1mg Folate: 37µg Iron: 1mg Folate: 37µg

