



## Pumpkin Oatmeal Cookies

Try adding a few chocolate chips or shredded coconut to change up the flavors.

<u>U.S.</u>		<u>Metric</u>
1 cup	All Purpose Flour	120 g
1 tsp	Baking Powder	4 g
1/2 tsp	Baking Soda	3 g
1/8 tsp	Salt	0.75 g
1/2 tsp	Cinnamon, ground	2 g
2 Tbsp	Butter, unsalted, room temperature	30 g
1/4 cup	Granulated Sugar	50 g
1/2 cup	Brown Sugar	106 g
1 each	Egg, large	1 each
1/4 cup	Pumpkin Puree, canned or homemade	60 g
1/2 tsp	Vannila Extract	2.5 ml
2 cups	Oats, old fashioned	200 g
3/4 cup	Walnuts, chopped	85 g
As needed	Cooking Spray	As needed

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C). Line two baking sheets with parchment paper and grease sheets with cooking spray.
3. In a medium bowl, whisk together flour, baking powder, baking soda, salt and cinnamon. Set aside.
4. In a stand mixer fitted with the paddle attachment, cream together the butter and sugars on medium speed until light and fluffy.
5. Add the egg on medium speed. Once incorporated, add the pumpkin puree and vanilla extract.
6. To avoid over mixing, fold in the flour mixture and oats by hand until just incorporated. Fold in the chopped walnuts.
7. Drop heaping tablespoonfuls of the dough onto the baking sheets, and very slightly flatten. You should make about 20 cookies. Bake for about 10-12 minutes, or until cookies become light brown at the edges.

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## Nutrition Facts

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20 Servings

**Serving size**                    **1 cookie**

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**Amount per serving**

**Calories**                        **120**

Calories from Fat                45

**Total Fat**                        5 g

    Saturated Fat                1 g

    Trans Fat                     0 g

    Monounsaturated Fat        0 g

**Cholesterol**                    10 mg

**Sodium**                         75 mg

**Total Carbohydrate**        18 g

    Dietary Fiber                2 g

    Total Sugars                 8 g

        Includes 7g Added Sugars

**Protein**                         3 g

Vitamin D                        0 %

Calcium                         0 %

Iron                                2 %

Potassium                        51 mg

Phosphorus                       27 mg

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