

Breakfast Pumpkin Cookies

Ingredients

- 1 3/4 cup pumpkin (pureed, cooked)
- 1 1/2 cup brown sugar
- 2 egg
- 1/2 cup vegetable oil
- 1 1/2 cup flour
- 1 1/4 cup 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)

Instructions

1. Preheat oven to 400°F.
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.



Yields 48 servings / Rinde 48 porciones

Serving size / Tamano porcion

1 cookie / galleta

Cost / Precio

Per recipe: \$5.91

Per serving: \$0.12



Galletas de Calabaza para el Desayuno

Ingredientes

- 1 3/4 taza puré de calabaza cocida
- 1 1/2 taza azúcar morena
- 2 huevo
- 1/2 taza aceite vegetal
- 1 1/2 taza harina
- 1 1/4 taza harina integral
- 1 cucharada polvo de hornear
- 2 cucharaditas canela
- 1 cucharada nuez moscada
- 1/2 cucharadita sal
- 1/4 cucharadita jengibre en polvo
- 1 taza pasas
- 1 taza nueces, tipo walnut, o avellanas picadas

Instrucciones

1. Precaliente el horno a 400°F.
2. Mezcle bien la calabaza, el azúcar, los huevos y el aceite.
3. Mezcle los ingredientes secos y añádalos a la mezcla de calabaza.
4. Añada las pasas y las nueces.
5. Reparta la mezcla con una cuchara pequeña en una bandeja (charola) para hornear previamente engrasada.
6. Hornee de 10 a 12 minutos, o hasta que se dore.

Nutrition Facts	
Serving Size 1 cookie (31g)	
Servings Per Container 48	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat:	Less than 65g 80g
Saturated Fat:	Less than 20g 25g
Cholesterol:	Less than 300mg 300mg
Sodium:	Less than 2,400mg 2,400mg
Total Carbohydrate:	300g 375g
Dietary Fiber:	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	