

Pumpkin Spice Oatmeal Cookies



These pumpkin cookies with warm, comforting spices are a tasty seasonal treat that adds a little extra nutrition to your average cookie.

YIELD	PREP TIME	TOTAL TIME
24 SERVINGS	10 MIN	20 MIN

INGREDIENTS

1 cup	All Purpose Flour
1 tsp	Baking Powder
½ tsp	Baking Soda
⅛ tsp	Kosher Salt
1½ tsp	Cinnamon, ground
¾ tsp	Nutmeg, ground
½ tsp	Ginger, ground
4 Tbsp	Butter, unsalted, room temperature
¼ cup	Granulated Sugar
½ cup	Brown Sugar
2 each	Eggs, large
¾ cup	Pumpkin Puree, canned
½ tsp	Vanilla Extract
1½ cup	Instant Oats
¾ cup	Walnuts or Pecans, chopped

CHEF'S NOTES

Instant Oats in this recipe yields a soft, tender cookie. You can use regular or old-fashioned rolled oats, but the cookies will be a little drier. If you desire, you can blend your oats into a flour consistency.

Canned pumpkin adds a festive fall flavor while also adding vitamin A and fiber to this sweet treat. Try adding chocolate chips or shredded coconut to mix up the flavor!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line two baking sheets with parchment paper and grease the sheets with cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger. Set aside.
3. In a medium bowl, combine the softened butter with the granulated and brown sugar. Use a wooden spoon or spatula to mix until fully combined. This will take a little time to do by hand but there should not be large lumps of butter. Add the eggs, pumpkin puree and vanilla extract and stir until well mixed.
4. Fold in the flour mixture and the oats, being careful not to overmix. Stir just until fully combined. Gently fold in the walnuts.
5. Using a 2 Tbsp scoop, drop the dough onto the baking sheets. You should be able to make 24 cookies (12 on each sheet).
6. Bake for about 7-9 minutes, or until the cookies are lightly brown around the edges. Remove to a cooling rack and allow to cool for about 5 minutes.

Nutrition Facts

24 servings per container

Serving size 1 cookie (36g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 65mg 3%

Total Carbohydrate 16g 6%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 2g 4%

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 40mg 0%

Vitamin A 380mcg 45%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, PECAN, WHEAT



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