

# Pumpkin Spice Oatmeal Cookies



*These pumpkin cookies are a tasty fall treat that's a little healthier than your average cookie. You can also add chocolate chips or shredded coconut for a slightly different flavor!*

<b>YIELD</b> <b>18 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

1 cup	All Purpose Flour
1 tsp	Baking Powder
½ tsp	Baking Soda
⅛ tsp	Kosher Salt
¾ tsp	Cinnamon, ground
½ tsp	Nutmeg, ground
¼ tsp	Ginger, ground
3 Tbsp	Butter, unsalted, room temperature
¼ cup	Granulated Sugar
½ cup	Brown Sugar
1 each	Egg, large
½ cup	Pumpkin Puree, canned
½ tsp	Vanilla Extract
1 ½ 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 but it also packs in Vitamin A, fiber and potassium to these sweet treats!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line two baking sheets with parchment paper and grease 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. Add the egg, 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 small scoop or tablespoon, drop the dough the dough onto the backing sheets and very slightly flatten. You should be able to make 18 cookies (9 on each sheet).
6. Bake for about 7-9 minutes, or until the cookies are lightly brown around the edges.

# Nutrition Facts

18 servings per container

**Serving size** 1 cookie (40g)

**Amount Per Serving**

**Calories** 140

**% Daily Value\***

**Total Fat** 6g 8%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 80mg 3%

**Total Carbohydrate** 21g 8%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 9g Added Sugars 18%

**Protein** 2g 4%

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.9mg 6%

Potassium 50mg 0%

\* 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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