

Farmers Market Fun Family Recipes



Serving Size: 1 cookie

Yield: 48 servings

Ingredients

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| 1 ³ / ₄ cups pureed pumpkin,
cooked | 2 teaspoons cinnamon |
| 1 ¹ / ₂ cups brown sugar | 1 teaspoon nutmeg |
| 2 eggs | ¹ / ₂ teaspoon salt |
| ¹ / ₂ cup vegetable oil | ¹ / ₄ teaspoon ground ginger |
| 1 ¹ / ₂ cups flour | 1 cup raisins |
| 1 ¹ / ₄ cups whole wheat flour | 1 cup walnuts, chopped |
| 1 Tablespoon baking powder | |

Instructions

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.

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Nutrition information:

Calories: 90

Carbohydrate: 13 gm

Fiber: 1 gm

Fat: 4 gm

Protein: 2 gm

Cholesterol: 10 mg

Sodium: 60 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



From Healthy Recipes (<http://healthyrecipes.oregonstate.edu/all-recipes>).

4. Add raisins and nuts.

5. Drop by teaspoonfuls on greased cookie sheet.

6. Bake 10 to 12 minutes until golden brown.

Remember

Always wash your hands before preparing or eating produce.

To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap.

This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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