



Chewy Pumpkin Nut Oatmeal Cookies

You can also add a few chocolate chips or coconut to change it up.

<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	.59 g
1/2 tsp	Cinnamon, ground	2.36 g
2 Tbsp	Butter, Unsalted, room temperature	28.25 g
1/4 cup	Sugar	49.5 g
1/2 cup	Brown Sugar	106.5 g
1 each	Egg	1 each
1/4 cup	Pumpkin Puree	56.75 g
1/2 tsp	Vannila Extract	2.5 ml
2 cups	Oats	198 g
3/4 cup	Walnuts, chopped	84.75 g
	Cooking Spray	

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 large mixing bowl with a paddle, cream together the butter and sugars on medium speed until light and fluffy.
5. Add the egg on medium speed. Once incorporated, add the mashed banana 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. Bake for about 10-12 minutes, or until cookies become light brown at the edges.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 cookie
Servings	20
Calories	123
Calories from Fat	45
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	9 mg
Sodium	75 mg
Carbohydrates	18 g
Dietary Fiber	2 g
Sugars	8 g
Protein	3 g
Vitamin A	24 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
