

## Autumn Gems

Yield: 3 dozen

### Ingredients:

2 cups rolled oats (not quick oats)  
1½ cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon cinnamon  
½ teaspoon ground cloves  
½ teaspoon nutmeg  
¼ cup white granulated sugar  
1 cup dark brown sugar  
1 cup cooked, mashed buttercup squash (cooled slightly)  
¾ cup canola oil  
½ cup orange juice  
2 eggs  
2 cups raisins

### Procedure:

Mix oats, flour, soda, spices and sugars and set aside. Stir together well the squash, canola oil, orange juice and eggs. Combine flour and squash mixtures, add raisins and blend well. Drop by tablespoon onto ungreased baking pans. Bake at 350 F for 8 to 10 minutes. Remove cookies from pans and cool on wire racks.

130 calories  
and  
5 grams of fat  
per cookie

Each "Autumn Gem" also provides some vitamin A as beta carotene and fiber, along with B vitamins and iron.



Autumn Gems