

## Pumpkin Cookies

Adapted from SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 4 dozen

### Ingredients:

1 cup canned pumpkin	2 teaspoons cinnamon
1 cup light brown sugar	½ teaspoon nutmeg
½ cup canola oil	1 teaspoon baking soda
1 egg	1 teaspoon milk
2 cups all-purpose flour	1 cup butterscotch chips
½ teaspoon salt	1 teaspoon vanilla
	½ cup chopped pecans

### Procedure:

Combine pumpkin, sugar, oil and egg. Stir together flour, salt, cinnamon and nutmeg. Mix all together, along with baking soda dissolved in milk. Add chips, vanilla and nuts and mix again. Drop by teaspoon onto ungreased baking sheet. Bake at 350 F for 10 to 12 minutes.

about 80  
calories and  
10 grams  
of fat  
per cookie

Each pumpkin cookie also contains about 23 percent of the daily recommendation for vitamin A as beta carotenes. The fat content is mainly monounsaturated, a more heart-healthy type of fat.



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