Pumpkin Oatmeal Cookies

Ingredients:

1 1/2 cups brown sugar
3/4 cup butter, softened
2 eggs
1 cup pumpkin puree
1 teaspoon vanilla
1 cup flour
1 1/2 teaspoons cinnamon

1/4 teaspoon nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
2 cups quick oats
1 1/2 cups dark chocolate baking chips

Directions:

1. Preheat oven to 350°F.
2. In a large mixing bowl, cream the butter and sugar together. Add eggs and beat. Add pumpkin and vanilla, mix until combined.
3. In a separate bowl, stir flour, cinnamon, nutmeg, cloves, baking powder, baking soda, salt, and oatmeal together.
4. Add dry ingredients to wet ingredients. Mix together only until combined. If needed, add more flour 1 tablespoon at a time until you have soft dough.
5. Stir in chocolate chips.
6. Line a baking sheet with parchment paper. Drop dough a little larger than 1-inch. Bake 10–12 minutes. Do not over bake, the center will be soft and will set as they cool.
7. Remove immediately from the baking sheet and cool on a wire rack.

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: littledairyontheprairie.com

Nutrition Facts

Serving Size 1 cookie (35g)
Servings Per Container 36

Amount Per Serving

Calories 130   Calories from Fat 50

% Daily Value*

Total Fat 6g	**9%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 80mg	**3%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 2g	

Vitamin A 20% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4