NUTRI GOOD

PUMPKIN OATMEAL RAISIN COOKIE
Yield: 12 Servings

Ingredients

Date Paste

2 cups	Pitted Dates
½ cup	Water (more as needed)

Pumpkin Oatmeal Raisin Cookie

½ cup	Pumpkin Purée
1 cup	Date Paste (see above)
¾ teaspoon	Baking Soda
½ teaspoon	Kosher Salt
¾ teaspoon	Vanilla Extract
1	Large Egg
1 ⅓ cup	All-Purpose Flour
½ teaspoon	Seedless Raisins
2 cups	Old Fashioned Oats

Procedures

Date Paste

1. In a food processor, mix pitted dates and water. Add additional water as needed to form a paste consistency and set aside.

Pumpkin Oatmeal Raisin Cookie

1. Preheat oven to 325ºF.
2. Using a mixer, combine the pumpkin purée, date paste, baking soda, kosher salt and vanilla extract. Mix on medium speed until the mixture is smooth. Scrape the sides and bottom of the bowl with a spatula. Mix for an additional 30 seconds.
3. Add the egg, flour, raisins and oats and mix on low until the flower is incorporated. Scrape the sides and bottom of the bowl with a spatula and mix for an additional 30 seconds.
4. Place parchment paper on a baking sheet. Portion dough into balls that are 2 tablespoons in size and lay a few inches between each other.
5. Bake for 5 minutes, then rotate the pan and insert back into oven for 2 minutes. Allow cookies to cool before removing from tray.

Nutrition Facts

Serving size 2.00 oz. (57 g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1.5g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 17mg	**6%**
Sodium 171mg	**8%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 3g	**10%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 17mg	0%
Iron 1mg	6%
Potassium 173mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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