

Pumpkin Cookies

Serving size: 2 cookies

Serves: 21

Ingredients:

vegetable cooking spray	½ tsp ground cinnamon
¾ cup canned pumpkin puree	½ tsp ground ginger
¾ cup light brown sugar, packed	¼ tsp ground allspice
½ cup plain low-fat yogurt	½ tsp baking soda
2 tbsps vegetable oil	½ tsp salt
1 tsp vanilla extract	1 cup golden raisins
2 cups cake flour, sifted	

Directions:

1. Preheat oven to 350°F. Spray 2 baking sheets with vegetable cooking spray.
2. In a large bowl, whisk together the pumpkin puree, sugar, yogurt, oil, and vanilla extract until smooth.
3. In a medium-size bowl, combine the flour, cinnamon, ginger, allspice, baking soda, and salt. Stir the dry ingredients into the wet and mix until just blended. Fold in the raisins.
4. Drop the batter by tablespoonfuls onto the baking sheets, leaving 1 ½ inches between cookies. Bake until lightly golden, about 15 minutes.
5. Place the baking sheets on wire racks. Cool for 5 to 10 minutes. Remove the cookies with a spatula and cool completely. (These cookies can be made ahead and stored in an airtight container for up to 2 weeks.)

Exchanges per serving:

Carb 1 ½

Nutrients per serving:

Calories: 103

Calories from fat: 13

Total Fat: 1g

Cholesterol: 0mg

Total Carbohydrate: 22g

Sodium: 83mg

Dietary Fiber: 1g

Protein: 2g