

Pumpkin Chip Cookies

This lightly sweet, soft cookie is a great fall treat. It uses very little added sugar and is high in vitamin A and fiber!

Serves 18



Ingredients

- 2 ripe bananas, mashed
- 1 cup pumpkin puree
- ½ cup sugar
- ¼ cup vegetable oil
- 1 egg
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon salt
- 1 cup dark or semi-sweet chocolate chips, divided
- Cooking spray

Nutrition Facts

Serving Size 2 Cookies
Servings Per Recipe 18

Amount Per Serving

Calories 120 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 80mg 3%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 8%

Sugars 16g

Protein 2g

Vitamin A 45% • Vitamin C 2%

Calcium 6% • Iron 6%

*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

Please note: nutritional values are approximate.

Directions

1. Preheat oven to 350 degrees and prepare baking sheets with non-stick spray.
2. In a large bowl mash bananas with a fork.
3. Add pumpkin, sugar, oil, egg and vanilla. Beat until well combined.
4. In a separate, large bowl add both flours, baking powder, baking soda, pumpkin pie spice and salt. Stir with a fork until combined.
5. Add wet ingredients to the dry ingredients and mix until smooth batter forms.
6. Fold in most of the chocolate chips.
7. Place spoonfuls of batter on the greased baking sheet 1-2 inches apart.
8. Optional - Use extra chips to make jack-o-lantern faces!
9. Bake for 8-12 minutes until lightly browned on top.
10. Let cool for a few minutes then remove from baking sheet and enjoy!

