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

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!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 2 Cookies</th>
<th>Serves Per Recipe 18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories 120</td>
<td>Calories from Fat 5</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 80mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate 28g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 45%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 2%</td>
<td></td>
</tr>
<tr>
<td>Calcium 6%</td>
<td></td>
</tr>
<tr>
<td>Iron 6%</td>
<td></td>
</tr>
</tbody>
</table>

*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.

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyouth