



Fat-Free Pumpkin Cookies

 Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



118 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 0.5 cup pumpkin puree canned
- 1 teaspoon cinnamon
- 0.5 teaspoon ginger
- 0.3 cup butter softened
- 0.3 teaspoon nutmeg
- 0.3 cup tofu firm (or 4 ounces tofu, blended in a food processor until smooth)

- 0.3 cup rolled oats
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.5 cup unbleached flour
- 1 teaspoon vanilla extract
- 0.5 cup flour whole wheat white (I used flour)

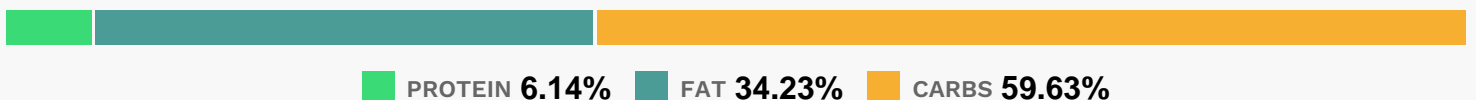
Equipment

- bowl
- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack

Directions

- Mix the flours, oats, baking soda, spices, and salt in a mixing bowl.
- Mix the agave nectar, pumpkin, okara (tofu), and vanilla in another bowl.
- Add the wet ingredients to the dry and stir just until well-blended. Do not over-stir. Use a cookie scoop or tablespoon to drop rounded tablespoons of dough at least two inches apart on a baking sheet lined with a silicone baking mat or parchment paper. Flatten each cookie slightly with a fork.
- Sprinkle with turbinado sugar, if desired.
- Bake for 10-16 minutes or until edges are golden and middles seem done.
- Remove from oven and allow to cool for 5 minutes before transferring each cookie to a wire rack. Allow to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:2.6026087267243%

Nutrients (% of daily need)

Calories: 118.08kcal (5.9%), Fat: 4.59g (7.06%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.98g (6.17%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 124.75mg (5.42%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 1.85g (3.7%), Vitamin A: 1451.93IU (29.04%), Manganese: 0.12mg (6.1%), Fiber: 1g (3.99%), Selenium: 2.17µg (3.1%), Iron: 0.41mg (2.28%), Calcium: 19.09mg (1.91%), Vitamin E: 0.27mg (1.79%), Phosphorus: 13.94mg (1.39%), Magnesium: 5.47mg (1.37%), Vitamin K: 1.39µg (1.32%), Copper: 0.03mg (1.25%), Potassium: 38.78mg (1.11%)