



Healthier Pumpkin Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup pumpkin puree canned
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup minus 1 tbsp nonfat greek strained yogurt plain
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 tablespoon vanilla extract

☐ 0.5 cup sugar white

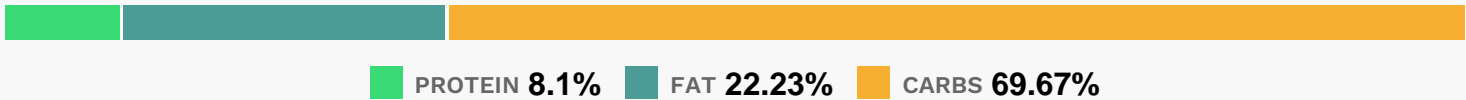
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350F and line baking sheet with parchment paper.
- ☐ Whisk together pumpkin, sugar, vanilla and yogurt in a large bowl . In a separate bowl, whisk together together flour, baking powder, baking soda, ground cinnamon, and salt.
- ☐ Add the flour mixture to pumpkin mixture and stir until combined. Dough will be wet and sticky.
- ☐ Stir in the chocolate chips.
- ☐ Take 2 tablespoon full of dough and drop onto cookie sheet, about 2 inches apart. Repeat with remaining dough. When finished, try to shape the dough to resemble a cookie. It will be hard to do since the dough is so wet and sticky. The cookies dough should be round and flat and smooth, resembling close to the finished baked product because the cookies don't spread much during baking and will rise up. It helps to work with the dough if your hands are freshly washed and slightly damp.
- ☐ Bake for approximately 10 minutes or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:4.9378261332927%

Nutrients (% of daily need)

Calories: 124.13kcal (6.21%), Fat: 3.06g (4.71%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.34g (7.4%), Sugar: 11.78g (13.09%), Cholesterol: 0.87mg (0.29%), Sodium: 109.77mg (4.77%), Alcohol: 0.19g (100%), Alcohol %: 0.51% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.51g (5.03%), Vitamin A: 1593.3IU (31.87%), Manganese: 0.22mg (10.86%), Selenium: 5.08µg (7.26%), Iron: 1.16mg (6.45%), Copper: 0.12mg (6.13%), Vitamin B1: 0.09mg (5.9%), Phosphorus: 53.1mg (5.31%), Folate: 20.88µg (5.22%), Vitamin B2: 0.09mg (5.07%), Fiber: 1.27g (5.07%), Magnesium: 19.01mg (4.75%), Calcium: 39.53mg (3.95%), Vitamin B3: 0.74mg (3.69%), Potassium: 88.21mg (2.52%), Zinc: 0.34mg (2.25%), Vitamin K: 2.26µg (2.15%), Vitamin B5: 0.14mg (1.37%), Vitamin B12: 0.07µg (1.2%), Vitamin E: 0.16mg (1.09%)