



Pumpkin Black and White Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



36

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons buttermilk powder
- ☐ 3 cups powdered sugar
- ☐ 3 tablespoons dutch-processed cocoa powder
- ☐ 1 large eggs
- ☐ 13.5 ounces flour all-purpose
- ☐ 5.3 ounces brown sugar packed

- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 15 ounces pumpkin puree (one can)
- ☐ 0.5 teaspoons salt
- ☐ 4.8 ounces sugar
- ☐ 0.8 cup butter unsalted ()
- ☐ 2 ounces baker's chocolate unsweetened
- ☐ 2 teaspoon vanilla extract
- ☐ 0.3 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ double boiler
- ☐ stand mixer

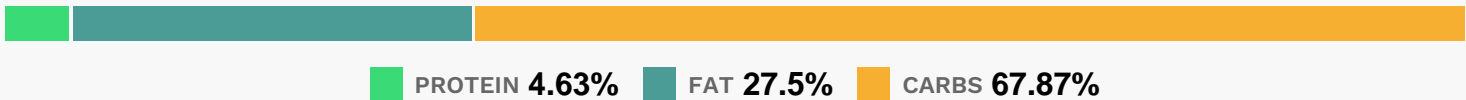
Directions

- ☐ Preheat oven to 350°F. Prepare two baking sheets with parchment paper. In a medium bowl whisk together flour, buttermilk powder, baking powder, baking soda, salt, and pumpkin pie spice and set aside.
- ☐ In a large bowl or the bowl of a stand mixer, cream together butter, brown sugar, and sugar. Alternate adding flour mixture and pumpkin puree until combined and thoroughly blended. Slowly add in water and vanilla mixing until well combined.
- ☐ Add egg and mix until just combined.
- ☐ Scoop batter by the heaping tablespoonful and drop on parchment paper then use the back of the spoon to smooth into a slightly flatten perfect circle about 2 inches in diameter. Space

cookies about 2 inches apart (I comfortably got 9 cookies on each large baking sheet).

- ☐
- Bake for approximately 10 minutes or until cookies are just beginning to brown around the edges and are springy to the touch. Cool on the baking sheet for 2 minutes, then transfer to a wire rack to cool completely.
- ☐
- While whisking briskly, in a large, heat safe bowl (or the bowl of a double boiler) slowly add boiling water to confectioners sugar until you have a slightly thick frosting. Flip the cookies so you are frosting on the flat bottom side and frost half of each cookie with the vanilla frosting. Set bowl with remaining frosting over a pan of water and bring it to a simmer.
- ☐
- Add in the chocolate while whisking briskly until chocolate is completely melted and mixture is well combined. If needed, whisk in boiling water by the teaspoonful so the chocolate frosting is the same thickness and consistency as the vanilla frosting. Frost remaining cookie halves with chocolate frosting. Refrigerate at least 20 minutes to set frosting. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:8.51, Inflammation Score:-8, Nutrition Score:4.9086956252222%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 159.63kcal (7.98%), Fat: 5.04g (7.75%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 26.92g (9.79%), Sugar: 18.31g (20.35%), Cholesterol: 15.68mg (5.23%), Sodium: 67.21mg (2.92%), Alcohol: 0.08g (100%), Alcohol %: 0.19% (100%), Protein: 1.91g (3.82%), Vitamin A: 1965.12IU (39.3%), Manganese: 0.19mg (9.47%), Selenium: 4.55µg (6.51%), Vitamin B1: 0.09mg (6.12%), Iron: 1.08mg (6.02%), Folate: 22.54µg (5.63%), Copper: 0.1mg (5.04%), Vitamin B2: 0.08mg (4.72%), Fiber: 1.06g (4.23%), Phosphorus: 36.24mg (3.62%), Vitamin B3: 0.72mg (3.58%), Magnesium: 13.67mg (3.42%), Calcium: 25.45mg (2.55%), Vitamin K: 2.45µg (2.33%), Zinc: 0.32mg (2.15%), Potassium: 72.9mg (2.08%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.15mg (1.45%)