Pumpkin-Raisin Oatmeal Cookies

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	10	149 kcal

DESSERT

Ingredients

- [ ] 0.3 tsp baking soda
- [ ] 0.5 banana whole mashed
- [ ] 6 tbsp pumpkin pure canned
- [ ] 0.3 cup maple syrup pure
- [ ] 2 tbsp plant-based milk
- [ ] 0.3 tbsp pumpkin pie spice
- [ ] 0.3 cup raisins
- [ ] 0.5 cup sugar raw

- [ ] 1.5 cups rolled oats
- [ ] 0.5 cup pastry flour whole wheat

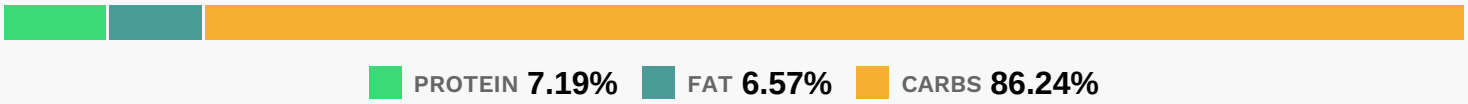
Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] baking paper
- [ ] oven

Directions

- [ ] Preheat oven to 350F. Grease a cookie sheet or line with parchment paper and set aside. In a large bowl, combine pumpkin, maple, sugar, banana and non-dairy milk together. In a medium bowl, combine oats, flour, baking soda and pumpkin pie spice together and then transfer it into the wet mixture. Stir a few times then add raisins. Continue to mix until combined. It may look too dry initially, but keep stroking, it will incorporate perfectly. Drop spoonfuls on a greased cookie sheet and bake 10 to 15 minutes, or until firm to the touch and spring-like.Nutritional Information
- [ ] Amount Per Serving
- [ ] Calories
- [ ] Fat
- [ ] Carbohydrate
- [ ] 20gDietary Fiber2.40gSugars18.10gProtein2.60g

Nutrition Facts



PROTEIN **7.19%** FAT **6.57%** CARBS **86.24%**

Properties

Glycemic Index:22.81, Glycemic Load:7.02, Inflammation Score:-7, Nutrition Score:7.2360870941826%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 149.45kcal (7.47%), Fat: 1.12g (1.72%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 30.56g (11.11%), Sugar: 16.06g (17.84%), Cholesterol: 0.36mg (0.12%), Sodium: 36.08mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.94mg (46.83%), Vitamin A: 1410.21IU (28.2%), Selenium: 7.41µg (10.59%), Fiber: 2.55g (10.21%), Vitamin B2: 0.15mg (8.89%), Phosphorus: 81.75mg (8.17%), Magnesium: 32.2mg (8.05%), Vitamin B1: 0.1mg (6.75%), Iron: 1.04mg (5.78%), Copper: 0.1mg (4.95%), Zinc: 0.7mg (4.7%), Potassium: 161.82mg (4.62%), Vitamin B6: 0.07mg (3.62%), Vitamin B3: 0.56mg (2.8%), Calcium: 26.63mg (2.66%), Vitamin B5: 0.24mg (2.41%), Folate: 8.93µg (2.23%), Vitamin K: 1.88µg (1.79%), Vitamin C: 1.12mg (1.36%), Vitamin E: 0.2mg (1.33%)