



## Spiced Pumpkin-Raisin Cookies

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



23

CALORIES



97 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup pumpkin puree canned
- 1 cup flour all-purpose
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 tablespoon maple syrup pure
- 0.7 cup old-fashioned oats
- 0.5 cup raisins

- 0.8 cup sugar raw for sprinkling
- 0.5 teaspoon salt fine
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- spatula
- ice cream scoop

## Directions

- Watch how to make this recipe.
- Position a rack in the center of the oven and preheat to 350 degrees F. Line 2 heavy large baking sheets with parchment paper.
- In a medium bowl, combine the flour, oats, cinnamon, baking soda, salt and allspice. Stir to blend well. In a large bowl, combine the sugar, pumpkin puree, oil, syrup and vanilla; whisk to blend. Using a flexible rubber spatula, gradually stir the dry ingredients into the pumpkin mixture. Stir in the raisins.
- For each cookie, drop 1 generous tablespoon of batter onto the prepared baking sheet, spacing the mounds about 1 inch apart (or use a mini ice cream scoop). Using moistened fingertips, flatten each to a 2-inch-diameter round.
- Sprinkle each cookie with a bit more raw sugar.
- Bake the cookies until brown and a bit firm to the touch, 17 to 20 minutes. Using a metal spatula, transfer the cookies to a rack and cool completely.

## Nutrition Facts



■ PROTEIN 4.14% ■ FAT 31.22% ■ CARBS 64.64%

## Properties

Glycemic Index:10.01, Glycemic Load:5.09, Inflammation Score:-5, Nutrition Score:2.8882608569187%

## Nutrients (% of daily need)

Calories: 96.9kcal (4.85%), Fat: 3.4g (5.23%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 15.04g (5.47%), Sugar: 7.23g (8.03%), Cholesterol: 0mg (0%), Sodium: 76.06mg (3.31%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.01g (2.03%), Vitamin A: 829.27IU (16.59%), Manganese: 0.18mg (8.9%), Vitamin K: 6.75µg (6.43%), Vitamin B1: 0.06mg (3.93%), Selenium: 2.57µg (3.66%), Fiber: 0.8g (3.22%), Iron: 0.54mg (3.02%), Vitamin B2: 0.05mg (2.96%), Folate: 11.44µg (2.86%), Vitamin E: 0.33mg (2.2%), Vitamin B3: 0.41mg (2.03%), Phosphorus: 19.89mg (1.99%), Magnesium: 7.03mg (1.76%), Copper: 0.03mg (1.67%), Potassium: 56.02mg (1.6%)