



Vegan Pumpkin Cookies

READY IN



34 min.

SERVINGS



40

CALORIES



83 kcal

DESSERT

Ingredients

- 2 cups all purpose flour
- 1 Teaspoon double-acting baking powder
- 1 Teaspoon baking soda
- 2 Tablespoons butter or any other soy products)
- 1 Teaspoon ground cinnamon (I Made It)
- 2 Tablespoons milk (For Vegan Version Use Soy Milk Instead)
- 1 cup pumpkin puree fresh canned (Not Pumpkin Pie Filling Simply Pumpkin Puree Or You May Also Choose To Buy Pumpkin And Cook It)
- 1 cup raisins

- 0.5 cup shortening (I Used Crisco All)
- 1 cup sugar
- 1 Teaspoon vanilla extract

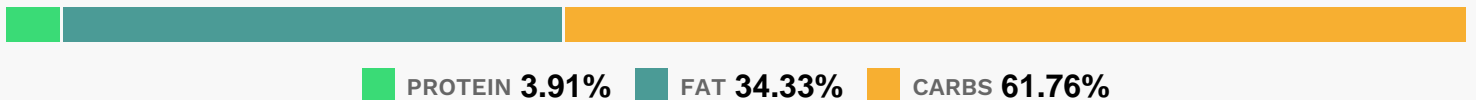
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat the oven at 350F for 15 minutes. In a large mixing bowl, cream shortening and sugar until light and fluffy.
- Add pumpkin and vanilla.
- Combine the flour, baking powder, baking soda, cinnamon and salt.
- Add the dry ingredients to the creamed mixture and mix well. Fold in raisins. Drop by teaspoonfuls (I used 1/2 tablespoon measurement to scoop the dough) 2 in. apart onto greased baking sheets.
- Bake the cookies for 12–14 minutes or until lightly browned. Mine took exactly 14 minutes for the batch which I baked in an aluminum baking sheet. The dark non stick baking sheet batch began to brown at 12 minutes itself. So watch closely.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:8.5, Inflammation Score:-6, Nutrition Score:2.4456521594978%

Nutrients (% of daily need)

Calories: 83.29kcal (4.16%), Fat: 3.26g (5.02%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.57g (4.57%), Sugar: 5.24g (5.82%), Cholesterol: 1.5mg (0.5%), Sodium: 44.45mg (1.93%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.83g (1.67%), Vitamin A: 973.82IU (19.48%), Vitamin B1: 0.06mg

(3.71%), Manganese: 0.07mg (3.53%), Selenium: 2.22µg (3.17%), Folate: 12.55µg (3.14%), Iron: 0.49mg (2.74%), Vitamin B2: 0.04mg (2.56%), Fiber: 0.62g (2.49%), Vitamin K: 2.43µg (2.31%), Vitamin B3: 0.46mg (2.29%), Vitamin E: 0.26mg (1.75%), Potassium: 50.92mg (1.45%), Phosphorus: 14.01mg (1.4%), Copper: 0.03mg (1.4%), Calcium: 11.23mg (1.12%)