

GREAT PUMPKIN COOKIE RECIPE

Ingredients:

- 2 cups flour
- 1 cup quick or old fashioned oats, uncooked
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup butter or margarine, softened
- ½ teaspoon salt
- 1 cup firmly packed brown sugar
- 1 cup granulated sugar
- 1 egg slightly beaten
- 1 teaspoon vanilla extract
- 1 cup Libby's solid Pack Pumpkin
- 1 cup raisins

Assorted icing or peanut butter, candies, raisins, or nuts

Directions:

Preheat oven to 350°. Combine flour, oats, baking soda, cinnamon and salt. Cream butter gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet; spread into pumpkin shape using a thin metal spatula. Add a bit more dough to form stem. Bake 20-25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Decorate, using icing or peanut butter to affix assorted candies, raisins, or nuts. May substitute 1 cup chocolate chips for raisins.

Nutrition Facts	
Serving Size 1 large cookie (71g)	
Servings Per Container recipes makes @ 20 cookies	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 3g	
Vitamin A 45%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-8-08

