

Soft Baked Pumpkin Cookies

Recipe makes: 34 cookies (1 cookie per serving)

Preparation time: 20 minutes

Cook time: 15 to 18 minutes

Equipment: one oven, one 33 * 45 cm (13 * 18 inch) baking tray, parchment paper (optional), one set of measuring spoons, one set of measuring cups, two medium bowls, one large bowl, one hand mixer or fork, one fork, three spoons, one oven, one pair of oven mitts, one cooling rack

What you need to make this recipe:

Cookies

- Cooking spray or butter (optional)
- 2 ½ cups all-purpose flour
- 1 ½ cups wheat bran
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons cinnamon
- ¾ teaspoon nutmeg
- ¾ teaspoon salt
- 1 ½ cups white sugar
- ½ cup butter, softened
- 1 ½ cups pumpkin puree (not pumpkin pie filling)
- 2 large eggs
- 1 ½ teaspoons vanilla extract

Glaze (optional)

- 1 ½ cups powdered sugar
- 4 tablespoons skim milk
- ½ teaspoon vanilla extract

How to make Soft Baked Pumpkin Cookies:

1. Preheat the oven to 176°C (350°F).
2. Prepare the baking tray.
Option 1: Lightly grease the tray with cooking spray.
Option 2: Lightly grease the tray with butter using parchment paper.
Option 3: Line the tray with parchment paper.
3. Put the flour, bran, baking soda, baking powder, cinnamon, nutmeg, and salt in a medium bowl. Stir together using a spoon until combined.
4. Put the white sugar and butter in the large mixing bowl. Using a hand mixer on low speed or a fork, beat the sugar and butter until the mixture is fluffy.
5. Add the pumpkin, eggs, and 1 ½ teaspoons vanilla extract to the sugar mixture. Using a hand mixer on low speed or a fork, beat until smooth.
6. Add about ½ cup of the flour mixture to the pumpkin mixture. Using a hand mixer on low speed or a spoon, combine. Do not overmix. Repeat until all the flour mixture is used.
7. Using about 1 tablespoon of batter per cookie, drop the batter on the prepared baking tray. The cookies should be about 5 cm (2 inches) apart.
8. Bake the cookies for 15 to 18 minutes in the preheated oven or until the edges of the cookies are firm.
9. Take the cookies out of the oven. Cool for 5 minutes.
10. Using a spatula, transfer the cookies to a cooling rack to finish cooling.

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If using the glaze (optional):

11. Put the powdered sugar, milk, and ½ teaspoon vanilla extract in a medium bowl. Using a whisk or a fork, whisk until smooth.
12. Using a spoon, drizzle a small amount of glaze on top of each cookie.

Allergy information:

Contains wheat, gluten, milk, and eggs.

About this recipe:

Pumpkin is high in Vitamin A. Getting enough Vitamin A in your diet can help keep your eyes healthy.

Storage information:

The cookies can be stored in an airtight container in the fridge for up to 5 days or in the freezer for up to 1 month.

Nutrition Facts (without glaze)	
Per 1 serving (1 cookie)	
Calories	100
% Daily Value*	
Fat	3 g
Saturated	2 g
+ Trans	0.1 g
Carbohydrate	17 g
Fibre	2 g
Sugars	8 g
Protein	2 g
Cholesterol	15 mg
Sodium	110 mg
Calcium	30 mg
Iron	0.75 mg
Vitamin A	100 µg
Vitamin C	0 mg
5% or less is a little, 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Moderate	



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