

A simple guide to

PUMPKINS

Cooking pumpkins are usually smaller & denser than decorative pumpkins.



Sugar/Pie



Peanut



Fairytale



Cinderella

In Season



How to Bake

Step 1



Preheat oven to 400°F. Using a large knife, cut a circle around the stem & remove.

Step 2



Cut pumpkin in half & use a spoon to scoop out seeds.

Step 3



Cover the bottom of a large baking sheet with a 1/2 inch of water. Place face down on a baking sheet. Bake 30-45 minutes or until the shell is hard & pumpkin is fork-tender.

Step 4



Spoon out the cooked pumpkin into a bowl & smash with a fork. Now use in your favorite pumpkin recipe.



Tip

If shell is too hard, use a rubber mallet to help cut the pumpkin or wrap pumpkin in a wet paper towel and microwave.

PUMPKIN PIE COOKIES

Ingredients:

- 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1/2 cup canola oil
- 2 large eggs
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 cups rolled oats
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 2 tsp pumpkin pie spice
- 1 1/2 cups pumpkin puree
- 1 cup seedless raisins
- Non-stick cooking spray

Preparation:

1. Heat oven to 350°F.
2. In a large bowl, add sugars, oil, eggs & vanilla extract. Mix well.
3. In a separate bowl, add flours & oats. Mix well. Then add baking soda, baking powder, salt & pumpkin pie spice. Mix well until all dry ingredients are completely combined.
4. Blend flour & oats mixture into the sugar mixture. Stir in pumpkin & raisins until completely combined.
5. Lightly coat two cookie sheets with cooking spray. Place a tablespoon of dough on cookie sheet & repeat to make 24 cookies. Bake 12-15 minutes, or until golden brown.

30 Min | Serves 24

Nutrition Facts	
24 servings per recipe	
Serving size 1 cookie (57g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 105mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 142mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

