

LiveWell

Pecan pumpkin cookies with dried cranberries

Yield: 20 cookies (about 2 Tbsp. each)



Ingredients:

1/2 cup margarine
1/3 cup sugar
1 cup canned pumpkin
1/3 cup maple syrup
1 teaspoon vanilla extract
2 egg whites
1 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup old-fashioned oats
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon nutmeg
1/2 teaspoon ground ginger
1/2 teaspoon salt
3/4 cup unsalted pecans
1/2 cup dried cranberries
Vegetable oil cooking spray

Directions:

1. Preheat oven to 350° F.
2. In a large bowl, combine margarine and sugar, and cream them together with a rubber spatula. Add pumpkin, maple syrup, vanilla and egg whites and mix well.
3. In a medium bowl, combine flours, oats, baking powder, baking soda, cinnamon, nutmeg, ginger and salt. Add dry mixture to pumpkin mixture and stir until combined.
4. Fold in pecans and cranberries.
5. Spray cookie sheet with vegetable oil cooking spray. Drop dough onto cookie sheet, using two level Tablespoons per cookie.
6. Bake for 15 to 20 minutes. Remove from oven and place cookies on cooling racks to cool completely. Store tightly covered.

Nutrition information per serving:

Calories: 165	Sodium: 135 mg	Food exchanges:
Fat: 8 grams	Carbohydrates: 21 grams	1.5 carbohydrates
Saturated fat: 1 gram	Fiber: 2 grams	1 fat
Cholesterol: 0 mg	Protein: 2 grams	