Spiced Pumpkin Cookies

Yield: 36 cookies  
Total Time: 45 minutes

**Ingredients**

- Cooking spray
- 2/3 cup whole wheat pastry flour
- 2/3 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon freshly grated nutmeg or ½ teaspoon ground nutmeg
- 2 large eggs
- ¾ cup packed light brown sugar or 1/3 cup Splenda Sugar Blend for Baking
- ¾ cup canned pumpkin (unseasoned)
- ¼ cup canola oil
- ¼ cup dark molasses
- 1 cup raisins

**Preparation Instructions**

1. Preheat oven to 350°F. Coat 3 baking sheets with cooking spray.
2. Whisk whole wheat pastry flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ginger, allspice and nutmeg in a large bowl.
3. Whisk eggs, brown sugar (or Splenda), pumpkin, oil and molasses in a second bowl until well combined.
4. Stir the wet ingredients and raisins into the dry ingredients until thoroughly combined.
5. Drop the batter by level tablespoonfuls onto the prepared baking sheets, spacing the cookies 1½ inches apart.
6. Bake the cookies until firm to the touch and lightly golden on top, switching the pans back to front and top to bottom halfway through, 10 to 12 minutes. Transfer to a wire rack to cool.

**Nutrition Analysis**

Per cookie: 70 calories; 2g fat (0g saturated, 0g trans); 10mg cholesterol; 70mg sodium; 14g carbohydrate (1g dietary fiber; 6g sugar); 1g protein. Vitamin A 15%, Vitamin C 0%, Calcium 2%, Iron 4% Daily Value.

**Cost**

Per cookie: $0.14
Total ingredient cost: $39.87

Modified from: www.eatingwell.com