



early childhood community development centre

Soft Pumpkin Cookies

Ingredients - makes 5 dozen cookies

- 1 ½ cups raisins
- ½ cup butter or margarine, softened
- 1 ¼ cups packed brown sugar
- 1 cup canned pumpkin puree (not pie filling)
- 2 tbsp applesauce
- 1 egg
- 1 tsp vanilla extract
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- 2 ¼ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder

Directions

1. In a small bowl, soak raisins in hot water for 5 minutes, then rise and pat dry with a paper towel. Set aside
2. In a large bowl, cream together butter and sugar until fluffy. Add pumpkin puree, applesauce, egg, vanilla, ginger and cinnamon, beat until well mixed
3. In another bowl, sift together flour, baking soda and baking powder. Gradually add to pumpkin mixture, stirring until just combined. Stir in raisins
4. Drop spoonfuls or batter onto baking sheet.
5. Bake in preheated 350° F (180° C) oven for 12 minutes or until golden brown

Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

By: Joanne Saab, RD, and Daina Kalnins, RD

For more great day care recipes, visit www.eccdc.org
