

# ACORN SQUASH COOKIES

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/AcornSquashCookies.aspx>

## **Ingredients**

- ¾ cup firmly packed brown sugar
- ¼ cup margarine, softened
- ¾ cup mashed, cooked acorn squash
- 1 egg
- 1 ¼ cups whole wheat flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 1/8 tsp nutmeg
- Lowfat cooking spray

## **Instructions**

1. Preheat oven to 350°.
2. Cream sugar and margarine at medium speed until light and fluffy.
3. Add mashed squash and egg, beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the squash mixture, mixing well.
5. Drop dough by heaping tablespoonfuls 2 inches apart onto cookie sheets sprayed with cooking spray.
6. Bake at 350° for 15-18 minutes. Makes 20-25 cake-like cookies.

Makes 24 servings. Serving size: 1 cookie (28g)

## **Nutritional information per serving (24 servings)**

Calories: 101

Calories from fat: 53

Total fat: 6g

Saturated fat: 1g

Cholesterol: 0 mg

Sodium: 118mg

Total carbohydrate: 12g

Dietary fiber: 1g

Sugars: 7g

Protein: 1g

Vitamin A: 10%

Vitamin C: 0%

Calcium: 2%

Iron: 2%

Percent Daily Values are based on a 2,000 calorie diet.



**Wellness Center**