



## Pumpkin Breakfast Cookies

Makes 6 servings | **Grains** • **Vegetables**

### Ingredients

- 1 15-ounce can pumpkin (not pumpkin pie filling)
- 1 cup brown sugar
- 2 eggs
- ¼ cup canola oil
- 2 ¾ cup *CNP Master Mix* (see back)
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped walnuts (optional)
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F. Spray a baking sheet (any size) with nonstick spray.
3. In a bowl, mix together pumpkin, brown sugar, eggs, and oil.
4. In a separate bowl, blend together *CNP Master Mix* and spices. Add to pumpkin mixture. Add raisins and nuts. Stir well.
5. Using a spoon, scoop a small amount of dough and drop onto a baking sheet coated with nonstick spray.
6. Bake 10-15 minutes or until golden brown.

## CNP Master Mix

Makes 10 cups | **Grain**

### Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

### Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine flours, baking powder, sugar, and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator for up to 3 months.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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