

Pumpkin Spice Cake Cookies

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Are you looking for an easy to make and fun sweet treat this Fall that actually includes both a veggie and a fruit choice?! Then look no further than this perfect pumpkin cookie recipe, enjoy!!!

Nutrition per 1 cookie, makes 16 cookies: 54 calories, 0.5g total fat (<0.5g sat fat), 85 mg sodium, 11g carbs, 0.5g fiber, 6.5g sugars, 1g protein

Ingredients:

- 1 1/4 cups spice cake mix (vanilla cake mix is an excellent alternative if needed)
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1/4 cup canned pure pumpkin
- 1/4 cup raisins, chopped, (feel free to be creative and use dark chocolate chips, dried, chopped apricots, currants, etc.)
- 1/4 tsp. pumpkin pie spice (if you are all out, use a dash of cinnamon + dash clove + dash nutmeg)
- Nonstick spray

Directions:

- Preheat the oven to 375 degrees. Spray a baking sheet with nonstick spray.
- In a large bowl, combine cake mix, egg, pumpkin, and pumpkin pie spice. Mix until mostly smooth and uniform (batter will be thick.) Fold in half of the chopped raisins.
- Evenly distribute the mixture into 16 mounds on the baking sheet, about 1 T each. Use the back of a spoon to spread and flatten into 1 1/2-inch circles.
- Sprinkle with remaining raisins, lightly pressing to adhere.
- Bake until a toothpick inserted into the center of a cookie comes out mostly clean, about 8 minutes.

Looking for more ideas and for support with healthy eating? Contact me at Great Wave Acupuncture and Wellness to schedule an appointment today! We accept most major health insurance plans, which often cover the full cost of nutrition counseling sessions with me.

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You can also conveniently book online if preferred: <https://www.greatwaveacupuncture.com/>