

Pumpkin Oatmeal Cookies

2 cups old-fashioned rolled oats
1 cup whole wheat pastry flour
3/4 cup all purpose flour
1/4 cup whole wheat flour
1 tablespoon pumpkin pie spice
1 teaspoon baking powder
1/2 teaspoon sea salt
10 tablespoons unsalted butter (1 stick plus 2 tablespoons), softened
2/3 cup packed brown sugar
1 1/2 cups canned pumpkin purée
2 large eggs
1 teaspoon pure vanilla extract
1 1/2 cups dried cranberries

Preheat oven to 375°F. Line 2 baking sheets with parchment paper.

In a medium bowl, stir together oats, flour, pumpkin pie spice, baking powder and salt. In a separate bowl, use an electric mixer to beat butter and sugar until light and fluffy, about 3 minutes. Add pumpkin, eggs and vanilla and beat until combined. Stir in flour mixture until just combined, and then fold in cranberries.

Drop cookies by heaping tablespoon onto prepared baking sheets and gently press with fingers to flatten into discs (note that cookies will not spread while baking). Bake 20 to 24 minutes or until lightly browned. If baking two sheets at a time, rotate sheets half way through baking. Transfer to wire rack to cool. Store cookies in an airtight container.

Nutrition

Per serving (1 cookie): 100 calories (35 from fat), 4g total fat, 2g saturated fat, 20mg cholesterol, 45mg sodium, 14g total carbohydrate (1g dietary fiber, 8g sugar), 2g protein

Source: Whole Foods Market