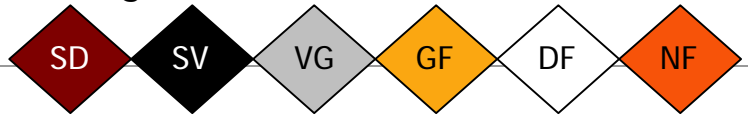


# Pumpkin Cookie Cutter Dough

(\*see dietary notes)



Recipe by: Chef Kelly Yorke

*Cookies are typically packed with fat and sugar so this recipe is designed to minimize the glycemic load index, minimize fat and still taste like a more decadent cookie. Cut this dough into desired shapes, bake, and decorate as your healthy heart desires.*

## Ingredients:

- 1-1/4 cup White Whole Wheat Flour
- 2/3 cup Rolled Oats
- 1/4 tsp. Baking soda
- 1/8 tsp. Salt
- 2 tsp. Pumpkin pie spice
- 4 Tbls. Smart Balance (1/4 cup)
- 2.5 Tbls. Splenda® Brown sugar
- 3 Tbls. Stevia® granules
- 2 Tbls. Super fine sugar
- 1/8 cup Liquid Pasteurized eggs (2 Tbls.)
- 3/4 cup Pumpkin puree (100% pumpkin) not mix
- 1/4 tsp. Vanilla or butter extract



## Directions:

1. Preheat oven to 350° F.
2. Line a baking sheet with a silicon baking sheet or lightly grease.
3. Place flour, oats, baking soda, salt and pumpkin pie spice in a bowl. Set aside.
4. In a separate large bowl, beat together the shortening, Splenda®, Stevia®, until light and fluffy. Blend in the eggs, pumpkin puree, and vanilla.
5. Add the flour mixture and blend in well.
6. Add a sprinkling of flour on a clean flat work surface and then roll or pat dough out to about 1/4-inch thick. Dip cookie cutter in flour and stamp out desired shapes.
7. Place stamped cookies on baking sheet and bake for 12 minutes.
8. Remove from oven, cool, and decorate as desired.

YIELD: 15 to 16 each medium gingerbread men

## \*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit eggs and replace with 1 tablespoon Bob's Red Mill Egg Replacer (available at your health foods store and many grocery stores) and 3 tablespoons of water. Omit Smart Balance Butter Sticks and replace with 4 tablespoons vegan buttery stick substitute such as those made by Earth Balance [www.earthbalancenatural.com](http://www.earthbalancenatural.com) or use vegetable shortening.
- To make Vegetarian (VG), no changes to recipe necessary for Lacto-Ovo Vegetarians
- To make gluten-free (GF), omit whole wheat flour and replace with 1-1/4 cup Bob's Red Mill GF All-Purpose Baking Mix (available at [www.bodsredmill.com](http://www.bodsredmill.com) or at your local health foods store and some grocery stores and 1/3 teaspoon Xanthan gum.
- To make nut-free (NF), no changes to the recipe are necessary.

Per Serving: 91 Calories, 11g Carbohydrates, 3g Fat, 2g Protein, 2g Dietary Fiber, 4mg Cholesterol, 66mg Sodium