



February 12- Winter Squash Berry Cookies

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=261917>

Recipe

Ingredients:

- 3 cups Winter squash, cooked and mashed
- 1 egg
- 4 Tablespoon margarine
- 1 Tablespoon vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 1 ½ teaspoon baking powder
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/8 cup brown sugar
- 1/3 cup raisins

Directions:

1. Preheat oven to 350 °F. Place a piece of parchment paper on cookie sheet.
2. Cook and mash winter squash, or prepare according to package.
3. Cream margarine, vanilla and egg. Mix dry ingredients separately.
4. Add dry mix to the wet mix; blend well. Fold in raisins.
5. Scoop by teaspoons onto cookie sheet. Bake for 10-15 minutes.

Yield 24 servings

Nutrition Facts

Serving Size 1 cookie (32.77g)
Servings Per Container 24

Amount Per Serving

Calories 70 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 80mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **6%**

Sugars 2g

Protein 2g **4%**

Vitamin A 6% • Vitamin C 4%

Calcium 2% • Iron 4%

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