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.

Yield 24 servings

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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</thead>
<tbody>
<tr>
<td>Serving Size: 1 cookie (32.77g)</td>
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<tr>
<td>Servings Per Container: 24</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories: 70</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat: 2.5g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 10mg</td>
</tr>
<tr>
<td>Sodium: 80mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 11g</td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
</tr>
<tr>
<td>Sugars: 2g</td>
</tr>
<tr>
<td>Protein: 2g</td>
</tr>
<tr>
<td>Vitamin A: 6%</td>
</tr>
<tr>
<td>Calcium: 2%</td>
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* Percent Daily Values are based on a 2,000 calorie diet.