

Pumpkin Cookies



I am sharing a very simple recipe for a very yummie pumpkin cookie. The cookies are soft almost like a cake. Great as a snack or even as a breakfast treat. This recipe was adapted from the Very Best Baking.



Ingredients:

Cookie

2 $\frac{1}{2}$ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon ground cinnamon
1 teaspoon Pumpkin pie spices
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{4}$ cups granulated sugar
 $\frac{1}{2}$ cup butter, softened
1 cup pumpkin puree
1 large egg
1 teaspoon vanilla extract

Glaze

1 cup powdered sugar, sift
1 tablespoon of milk
1 tablespoon of melted butter
 $\frac{1}{2}$ teaspoon of vanilla extract



Method:

Cookie

Mix all the dry ingredients in a bowl.

Beat sugar and butter in large mixer bowl until well blended. Add the pumpkin, egg and vanilla extract and continue mixing until smooth. Slowly add in the flour mixture. Using two spoons, drop cookie dough on to a baking sheet or silicone baking liner.

Bake in a pre-heated oven of 350F for 15 minutes or until edges are lightly brown. Cool the cookies before glazing the cookies.

Glaze

Combine all the ingredients together until smooth, if too thick add a little more milk.

Drizzle over the cookies.





Did you know that the orange color of the pumpkins are due to high content of lutein and alpha and beta carotene? In the human body, beta carotene generates vitamin A which is important for the health of the eyes.