

# Pumpkin Chocolate Chip Cookies FIT

Serving Size: 1 cookie

Makes 23 servings

## Ingredients:

1 ½ cups	All Purpose Flour
¼ tsp	Baking Powder
½ tsp	Baking Soda
½ tsp	Kosher Salt
½ tsp	Pumpkin Pie Spice
1 cup	Canned Pumpkin
1 TBSP	Canola Oil
1 each	Egg, beaten
1 tsp	Pure Vanilla Extract
½ cup	Granulated Sugar
¼ cup	Mini Semi Sweet Chocolate Chips

## Preparation:

1. Preheat oven to 300°F degrees.
2. In a bowl, stir together flour, baking powder, baking soda, salt, and pumpkin pie spice.
3. In a second bowl, whisk together pumpkin, oil, eggs, vanilla and sugar until evenly combined.
4. Stir wet ingredients into dry ingredients until just evenly mixed (dough will be thick). Add chocolate chips.
5. Using a spoon or scoop, portion out 1-ounce cookies onto parchment lined sheet pan and flatten cookies with a spatula.
6. Bake 12-15 minutes, then let cool completely.

## NUTRITION FACTS

### PER SERVING

<b>calories</b>	70
<b>total fat (g)</b>	2
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	77
<b>total carbohydrate (g)</b>	13
dietary fiber (g)	1
sugar (g)	6
<b>protein (g)</b>	1

NOTE: If pumpkin pie spice is unavailable, use a blend of the following ground spices: cinnamon, ginger, nutmeg and allspice.

 **RD APPROVED**



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