

Pumpkin Peanut Butter Cookies

Purchase a pumpkin shape cookie cutter to make these fanciful whole wheat trick or treats for Halloween. The molasses adds vital iron and other minerals to these whole grain goodies that have an extra helping of fiber.

Serves 4 kids or 2 hungry adults

Ingredients

3 1/4 cups whole wheat pastry flour or oat flour
2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup trans-fat free margarine
1 cup peanut butter
3/4 cup brown sugar
2 egg whites
1 tablespoon molasses
2 teaspoon vanilla
non-stick spray

Directions

In a medium bowl or zipper lock bag, mix 3 cups of whole wheat pastry flour or oat flour, baking soda, and salt.

In a separate large bowl, beat margarine, peanut butter and sugar with a wooden spoon until smooth and well combined. Beat in the egg whites, molasses and vanilla. Stir in the flour mixture.

Spread dough out onto a piece of wax paper about 18-inches long. Press another sheet of wax paper on top and roll the dough out so that it spans the entire sheet of wax paper. Fold in half.

Refrigerate about 1 hour until firm. Preheat oven to 350°F. Coat 2 large cookie sheets with non-stick spray. Peel back one of the sheets of wax paper. Dip the cookie cutter into the remaining flour and cut out your shapes. Transfer to baking sheets.

Bake 9-10 minutes until the pumpkins are firm to the touch. Remove to a wire cooling rack. Cool completely before storing in an air-tight container for up to 3 days.

Make It a Meal

Serve with Quinoa Crusted Chicken Fingers or Shallots and Green Beans.

Wine Pairing

Chardonnay, Pinot Noir, Rioja

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