

Butternut Softies (makes approx. 38 cookies)

Ingredients:

- 1 ½ cups firmly packed brown sugar
- ½ cup butter, softened
- 1 ½ cups cooked, mashed butternut squash
- 2 eggs
- 2 ½ cups whole wheat pastry or whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp cinnamon
- ½ tsp salt
- ¼ tsp. nutmeg
- Toppings: a variety of dried fruit pieces and sliced, chopped or slivered nuts

Directions:

1. Preheat oven to 350° F.
2. Cream sugar and butter at medium speed until light and fluffy.
3. Add mashed squash and egg; beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the squash mixture, mixing well.
5. Using a #40 cookie scoop (approx. 1.5 tbsp), drop dough 2 inches apart onto cookie sheets lined with baking parchment paper.
6. Smooth tops of dough with back of spoon and decorate with dried fruits and nuts to make flowers, faces or other fun patterns.
7. Bake at 350° for 15-18 minutes. Makes approximately 38 cake-like cookies.

Nutrition Facts			
Serving size: 1 softie (31g)			
Servings Per Recipe 38			
Amount Per Serving			
Calories	90	Cal. from Fat	25
% Daily Value*			
Total Fat	3g		4%
Saturated Fat	1.5g		8%
Trans Fats	0g		
Cholesterol	15mg		4%
Sodium	90mg		4%
Total Carbohydrate	15g		4%
Dietary Fiber	less than 1g		4%
Sugars	9g		
Protein	2g		
Vitamin A	10%	Vitamin C	0%
Calcium	2%	Iron	4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Note: The nutrition fact label reflects the analysis of the cookies before adding the toppings.