



Pumpkin Brownies

Yield: 24 brownies

Ingredients:

1 cup pumpkin puree, canned or cooked	1 ¼ cup
1 cup brown sugar, firmly packed	whole wheat
½ tsp. salt	flour
2 tsp. cinnamon	1 tsp. baking
1 tsp. nutmeg	powder
¼ cup vegetable oil	½ tsp. baking soda
1 egg	½ tsp. ground ginger
1 egg white	¼ cup buttermilk
½ cup walnuts, finely chopped	2 tsp. vanilla extract



Directions

1. Preheat oven to 375°.
2. Coat a 9 x 13 baking pan with cooking spray.
3. Combine all ingredients and beat well. 4. Pour into pan.
5. Bake for 30 – 40 minutes or until a wooden toothpick inserted in middle comes out clean (ovens may vary, check at 20 minutes).
6. Cool and cut into squares.

Nutrition Facts: Calories, 100; Calories from fat, 40; Total fat, 4.5g; Saturated fat, .5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 110 mg; Total Carbohydrate, 15g; Fiber, 1g; Protein, 2 g; Vit. A, 30%; Vit. C, 0%; Calcium, 4%; Iron, 4%.

Source: Cooperative Extension Service, www.extension.org



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