



# Healthy Recipes for Healthy Living

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Dr. Reina Persaud, ND

## Pumpkin Cookies



1 teaspoon Baking soda  
1 teaspoon Baking powder (Gluten Free)  
1 teaspoon Cinnamon  
1 cup Rice flour  
3/4 cup Potato starch flour

1/2 cup Shortening  
3/4 cup Brown/Succarat sugar  
1 teaspoon Vanilla  
1 cup Pumpkin  
1/2 cup Nuts

Preheat oven to 350° F. Sift dry ingredients together. Cream shortening and sugar. Add vanilla and pumpkin. Add dry ingredients and nuts. Beat until smooth. Shape cookies into 1" balls and place on a greased cookie sheet. Press flat with fork. Bake for 9 to 12 minutes. Makes 36 cookies.