

Pumpkin Chocolate Chip Cookies

Freeze-Dried Pantry

This recipe makes about 36 cookies



Ingredients

1 cup pumpkin puree, reconstituted
3 cups all-purpose flour
¾ tsp salt
½ tsp baking soda
½ tsp baking powder
1 tsp cinnamon
½ tsp nutmeg
½ tsp ginger
¼ tsp cloves
1 cup butter at room temperature
¾ cup brown sugar
1 cup granulated sugar
1 large egg, or reconstituted eggs
2 tsp vanilla extract
2 cups mini chocolate chips, or dark chocolate chips

This is a freeze-dried pantry recipe using some already freeze-dried ingredients

Directions:

1. Preheat the oven to 350°F and line cookie sheets with parchment paper
2. In a medium bowl, whisk together the flour, salt, baking soda, baking powder, and spices. Set aside.
3. In a large mixing bowl, cream the butter and both sugars together until light and fluffy (about 3-4 minutes)
4. Add the fresh or reconstituted egg, vanilla, and reconstituted pumpkin puree. Mix until fully combined and smooth (about 3 minutes)
5. Gradually add the dry ingredients, mixing until just incorporated. Do not overmix.
6. Gently fold in the chocolate chips
7. Drop dough by large, rounded tablespoons onto the prepared cookie sheets, spacing them about 2 inches apart
8. Bake for 10-12 minutes, or until the edges are lightly golden
9. Let the cookies cool on the baking sheet for 2 minutes, then transfer them to a wire rack to cool completely

Rehydration:

To rehydrate the pumpkin puree: Add about 230 grams of water to 24 grams of freeze dried pumpkin powder to get about 1 cup of reconstituted pumpkin puree (This may vary based on type of pumpkin freeze dried).

To rehydrate the eggs: 2 tbsp egg powder + 2 tbsp water = 1 egg

Nutritional Value Per 1 cookie

Calories: 175 Protein: 2 g Fat: 8 g Carbohydrates: 24 g Sugar: 16 g Fiber: 0.5 g