

Pumpkin Cookies**350 degrees**

1 c each: brown sugar, pumpkin (canned or pureed fresh cooked), raisins 2 c all purpose flour ½ c veg oil
1 tsp vanilla 2 c flour 1 tea each: soda, baking powder ½ tea each cinnamon; nutmeg
¼ tea ginger ½ c nuts (pecan, or walnuts)

Beat together sugar, pumpkin, oil and vanilla. Sift together dry ingredients other than raisins and nuts and add dry ingredients to pumpkin mixture and mix well. Blend in raisins and nuts. Drop by spoonfuls on a baking sheet and bake for 12-15 minutes. Makes 3-4 dozen. Without the nuts, 3.5 dozen (42 cookies) are 81 calories each.

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Vegan cake

1 box cake mix (verify no dairy) 1 tub frosting (verify no dairy)

1-12 oz can regular 7-up (omit eggs, oil and water called for on the side of the box)

Pour powdered cake mix into bowl and add 12 oz of the soda. Mix according to box directions. Pour into two, 8" rounds that are well greased or 9" x 13" per box instructions. Some yellow cakes are VERY moist so it is hard to get out of the bottom of the cake pan. Frost per box directions. Can use root beer soda which will give cake a slight taste of root beer.

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