



Featuring Carotenoids: betacarotene, lutein, and zeaxantin

Autumn brings beautiful fall colors and pumpkins! Pumpkin's brilliant orange colouring comes from the carotenoids betacarotene, lutein, and zeaxantin. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxantin prevent macular degeneration.

This nutritious and delicious cookie is made with wholesome pumpkin.

Ingredients



- 1 cup pumpkin puree
(or 1 cup canned pumpkin)
- 1 cup sugar
- 1/2 cup vegetable oil
(ie. grapeseed, canola, or avocado oil)
- 1 egg
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 tsp cinnamon
- 1 tbsp vanilla
- 1 cup semi-sweet chocolate chips

Method

1. Preheat the oven to 350 degrees Fahrenheit. Line baking sheets with parchment paper or nonstick spray. Set aside.
2. In a medium bowl, add sugar and oil and mix well. Add egg and mix well. Add the pumpkin and vanilla and mix well. Finally, add flour, baking powder, cinnamon, salt and chocolate chips and mix just until combined.
3. Drop onto prepared baking sheet (1.5-2 tbsp per cookie) and bake for 12-14 minutes (until tops spring back). Transfer cookies to wire racks to cool. Enjoy!

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