Spiced Acorn Squash Cookies
Makes 16 cookies        Prep Time: 10 minutes        Cook Time: 20 minutes

Ingredients
Wet ingredients
½ medium acorn squash, roasted, peeled  ¼ cup milk
½ cup brown sugar                      ½ cup unsweetened applesauce
3 tablespoons creamy peanut butter
Dry ingredients
1 ¼ cup whole wheat flour               ½ teaspoon baking powder
¼ teaspoon baking soda                  1 ½ teaspoon cinnamon
½ teaspoon nutmeg                      ¼ teaspoon clove
1/8 teaspoon salt                      1 cup dried cranberries or cherries

Directions
1. Preheat oven to 350° F. Line a sheet pan with cooking spray or parchment paper.
2. In a large bowl, mash the squash. Add the milk and whip until well combined. Stir
   in the rest of the wet ingredients. In a medium bowl, whisk the dry ingredients
   together. Gradually stir the dry ingredients into the wet. The dough will be very stiff.
   Use your hands to knead the cranberries into the dough.
3. Scoop heaping tablespoons of the dough onto the baking pan about 2” apart.
   Flatten the cookies into thick discs. Bake for 18-20 minutes, or until golden brown on
   the bottom. Let cool. Cookies will last for up to a week.

Seeds from winter squash make a great snack food, just like pumpkin seeds. If you
scoop the pulp and seeds from inside the squash and separate out the seeds, you
can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F
(about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short
time at a low temperature you can help minimize damage to their healthy oils. Toss
them with your favorite seasoning or spice blends for a crunchy, filling treat!