PECAN-PUMPKIN DROPS
Yield: Serves 12 (serving size: 1 biscuit)
Total time: 32 minutes

Ingredients
- 4.5 ounces all-purpose flour (about 1 cup)
- 4.75 ounces whole-wheat flour (about 1 cup)
- 2 tablespoons brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- Dash of ground nutmeg
- 2 tablespoons cold butter, cut into small pieces
- 1 cup canned pumpkin
- 3/4 cup plus 1 tablespoon low-fat buttermilk
- 1/2 cup coarsely chopped pecans, toasted
- Cooking spray

Preparation
1. Preheat oven to 425°.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, salt and nutmeg in a bowl, stirring with a whisk; cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine pumpkin and buttermilk in a bowl, stirring with a whisk. Add pumpkin mixture and chopped pecans to flour mixture, stirring just until combined.
3. Drop batter in mounds of about 1/3-cupfuls onto a baking sheet coated with cooking spray. Bake at 425° for 14 minutes or until golden. Remove from baking sheet; cool 5 minutes on a wire rack. Serve warm.

Nutritional information

<table>
<thead>
<tr>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 148</td>
</tr>
<tr>
<td>Fat: 5.9 g</td>
</tr>
<tr>
<td>Saturated fat: 1.7 g</td>
</tr>
<tr>
<td>Monounsaturated fat: 2.4 g</td>
</tr>
<tr>
<td>Polyunsaturated fat: 1.2 g</td>
</tr>
<tr>
<td>Protein: 4 g</td>
</tr>
<tr>
<td>Carbohydrates: 22 g</td>
</tr>
<tr>
<td>Dietary fiber: 3 g</td>
</tr>
<tr>
<td>Cholesterol: 6 mg</td>
</tr>
<tr>
<td>Iron: 1 mg</td>
</tr>
<tr>
<td>Sodium: 268 mg</td>
</tr>
<tr>
<td>Calcium: 79 mg</td>
</tr>
</tbody>
</table>

Source: Printed with permission of Cooking Light, November 2014