

Gingerbread Cookies

[Recipe](#)



Nutrition Facts:

PER SERVING	
Gingerbread Cookies	
Makes: 20 servings (40 cookies, 2 inches in diameter)	
Serving Size: 2 cookies	
<hr/>	
Calories	110
Fat	3.5 g
Saturated Fat	1.8 g
Trans Fat	0.1 g
Carbohydrate	18 g
Fiber	1 g
Sugars	3 g
Cholesterol	5 mg
Sodium	95 mg
Potassium	65 mg
Protein	2 g
Phosphorus	25 mg
Choices: Carbohydrate 1, Fat 0.5	

Preparation Time:

20 minutes

Cook time:

7 minutes

Servings:

20 servings

Serving Size:

2 cookies

Ingredients:

- Nonstick cooking spray/parchment paper
- 4 tbsp.: butter
- 2 tbsp.: non-hydrogenated butter spread (eg. Smart Balance)
- ½ cup: brown sugar blend
- 2 cups: all-purpose flour
- ½ cup: whole wheat pastry flour
- 1 tbsp.: ground cinnamon
- 2 tsp.: ground ginger
- 1 tsp.: ground cloves
- 1 tsp.: baking soda
- 2 tbsp.: molasses
- ¼ & 1/3 cups: water, divided

Directions:

1. Preheat the oven to 375 degrees. Coat 2 baking sheets with cooking spray or line with parchment paper.
2. In a large bowl, cream the butter, buttery spread, and brown sugar blend.
3. In another bowl, combine the flours, cinnamon, ginger, cloves, and baking soda. Add the dry mixture to the butter mixture and stir until blended.
4. In a small bowl, combine the molasses with 2 Tbsp. of water. Add the molasses mixture to the dough and mix well.
5. Add additional water to form a stiff but pliable dough. Cover the dough and refrigerate for 1/2 hour.
6. Pinch tablespoon-sized portions of the dough, roll into balls, and place on the prepared baking sheet, 1 inch apart. Flatten each ball with the bottom of a glass. If desired, sprinkle with decorating sugar. Bake for 7 to 10 minutes, until lightly browned.