

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Ginger-Fig Cookies

Makes about 36 cookies

Ingredients

1/3 cup packed light brown sugar
1/2 cup vegetable oil
1 egg
3 tablespoons light molasses
1 1/2 cups whole wheat flour
1 1/2 teaspoons ground ginger
1 1/2 teaspoons baking soda
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
1 cup dried figs, finely chopped (1/3-inch)
3 tablespoons granulated sugar

Directions

1. Pre-heat oven to 350°. Beat together brown sugar and oil in large bowl. Beat in egg and molasses. In separate bowl combine flour, ginger, soda, cinnamon and salt; stir in flour mixture until combined. Stir in figs.
2. Shape 2-teaspoon portions of dough into balls. Roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Place sheet in center of oven and bake cookies 7 to 9 minutes, until crackled on top set around edges. Cool on wire rack.

Nutritional Information per serving:

Calories: 78	Carbohydrates: 13g
Total Fat: 3g	Cholesterol: 10mg
Saturated Fat: 1g	Dietary Fiber: 1.5g
Sodium: 77mg	Protein: 1g