

Spiced Molasses Cookies

Makes about 30 cookies

These chewy, crinkle cookies, spiced with ginger, cinnamon, cloves, and vanilla are perfect for the holidays or anytime of the year.

2 c whole wheat flour
2 tsp ground cinnamon
2 tsp ground ginger
1/2 tsp ground cloves
1/2 teaspoon salt
1 tsp baking soda
2/3 cup sugar
1/4 c unsweetened applesauce
1/4 c canola oil
1/4 c molasses
1 large egg
3 tablespoons sugar

1. Preheat oven to 375 degrees. Line two baking sheets with parchment paper or grease with oil.
2. In a medium bowl, combine the flour, cinnamon, ginger, cloves, baking soda, and salt.
3. In a large bowl, whisk together the sugar, applesauce, oil, molasses and egg. Using a spoon, mix in the flour mixture, until it forms a soft dough.
4. Place 3 tablespoons sugar into a small bowl. Roll the dough into balls, 2 teaspoons each, then roll each dough ball in the sugar. Place on the prepared baking sheet, 2 inches apart.
5. Bake for 8-10 minutes, or until lightly browned on the bottom. Cool on a wire rack.

Nutritional Information per cookie:

Calories: 65	Carbohydrates: 11 g
Total Fat: 2 g	Cholesterol: 6 mg
Saturated Fat: 0 g	Dietary Fiber: 1 g
Sodium: 42 mg	Protein: 1 g