

Low-Fat Gingerbread Cookies

Nutrition Facts:	
Yield	48
Calories	56
Fat	0.8 g
Sodium	25 mg

Code
\$, Q, V



Ingredients Needed:

3 Tbsp. unsalted butter, softened
¾ cup firmly packed brown sugar
½ cup unsweetened applesauce
1 egg
1/3 cup dark molasses
3 cups all-purpose flour + some for dusting
1 tsp. baking soda
2 tsp. ground ginger
1 tsp. ground cinnamon
½ tsp. allspice

Recipe Directions:

- In a large mixing bowl, beat the butter, sugar, and applesauce until smooth. Add the egg and molasses, mix well.
- In another large bowl, combine flour, baking soda, and spices. Add to sugar and molasses mixture, stirring well. Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
- Preheat oven to 350 degrees. Generously dust the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time and keep the other refrigerator while you do so.
- Roll the dough out to ¼ or 1/8 inch thickness; sprinkle a little flour on top of the dough if it's sticky.
- Cut the gingerbread with a cookie cutter shape of your choice. Place cookies 1 or 2 inches apart on a greased baking sheet. Bake 10-12 minutes.



