



Molasses Cookies

1 cup all-purpose flour
1 cup whole wheat pastry flour
1/4 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground cloves
1 1/4 teaspoons ground ginger
1 1/4 teaspoons cinnamon
2/3 cup expeller pressed canola oil
1/4 cup molasses
1 egg
1/2 - 3/4 cup firmly packed brown sugar
1/4 cup granulated sugar (optional)

Sift together flour, salt, baking powder, baking soda, cloves, ginger, and cinnamon. Set aside. Using lowest speed of an electric mixer, blend oil, molasses, and egg; add brown sugar. Blend. Gradually add flour mixture; mix well.

Chill dough for 30 minutes. Form into about 1-inch balls. Roll each ball in granulated sugar. Place on nonstick baking sheets. Sprinkle each cookie with 2-3 drops of water. Bake at 375 degrees for 8-10 minutes, or until set and tops are crackled. Cool cookies on a wire rack.

Makes 4 dozen cookies. *Per cookie (analyzed for 1/2 cup brown sugar): 64 calories, 8 grams carbohydrate, 3 grams fat, 4 mg cholesterol, 0 grams fiber, 41 mg sodium.*

Adapted from our “Cookbook of the Quarter,” *Don’t Eat Your Heart Out Cookbook* by Joseph Piscatella, at Barnes & Noble discounted 20% through December at the Asheville location.

As we head into the cooler months and the holiday season, we often crave comfort foods; particularly sweets. Molasses cookies are healthier than some of the more typical decadent cookies consumed around the holidays. These flavorful, satisfying cookies even supply several nutrients. Blackstrap molasses is a good source of minerals – 1 tablespoon contains 172 mg of calcium!

When I prepared these I cut the sugar by 25% and used 3/4 of a cup of brown sugar. Several of my tasters agreed that the cookies would still be plenty sweet if the brown sugar was reduced another 25% to 1/2 cup. The cookies are great even without being rolled in the granulated sugar.

Your Partners in Health,
Candace and Lucy