

Chewy Molasses Ginger Cookies

INGREDIENTS:

Nonstick cooking spray
1/3 cup margarine, softened
2/3 cup packed brown sugar
1 teaspoon baking soda
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1 egg
1/4 cup dark molasses
1-1/2 cups all-purpose flour
1/2 cup whole wheat flour
1/4 cup granulated sugar
1 teaspoon ground cinnamon

DIRECTIONS:

1. Spray cookie sheet with nonstick spray; set aside.
2. In a large mixing bowl beat the margarine with an electric mixer on medium to high speed for 30 seconds. Add the brown sugar, baking soda, ginger, and 1/2 teaspoon cinnamon; beat until combined. Beat in egg and molasses. Beat in as much of the all-purpose and whole wheat flour as you can with the mixer. Stir in any remaining flour with a wooden spoon. Cover and chill in the refrigerator for 1 hour.
3. Shape dough into 1-inch balls. Combine the granulated sugar and 1 teaspoon cinnamon. Roll balls in sugar-cinnamon mixture. Place 2 inches apart on prepared cookie sheet. Bake in a 350 degree F oven for 10 to 11 minutes or until set and tops are cracked. Remove from cookie sheet. Cool on a wire rack. Makes about 4 dozen.

NUTRITIONAL INFORMATION

Nutritional facts per serving

calories: 50, total fat: 1g, saturated fat: 0g, cholesterol: 4mg, sodium: 42mg, carbohydrate: 9g, fiber: 0g, protein: 1g

