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‘Tis the Cookie Season

If you make cookies during the holidays or get involved with cookie swap parties, you'll want to try this versatile gingersnap recipe. These cookies, flavored with warm spices, can easily be modified for chewy cookie adorers or crisp cookie lovers. Whole-wheat flour and earthy spices provide additional cancer-fighting nutrients that many cookie recipes lack.

Gingersnaps

3/4 cup unbleached all-purpose flour
1/2 cup whole-wheat pastry flour
1/2 tsp. baking soda
1 1/4 tsp ground ginger
1/2 tsp. ground cinnamon
1/8 tsp. freshly ground black pepper
1/4 tsp. salt
1/3 cup dairy-free buttery shortening sticks
1/2 cup sugar, plus 2 tablespoons
2 Tbsp. unsulphured molasses
1 large egg white
1/3 cup confectioners' sugar
2 tsp. fresh lemon juice

Preheat oven to 350 degrees F.

In mixing bowl, whisk together both flours, baking soda, ginger, cinnamon, pepper and salt.

In another bowl, use electric mixer on medium-high speed to beat non-dairy shortening sticks with 1/2 cup of the sugar for 2 minutes. Add molasses and egg white and beat for 3 minutes. Set mixer on low speed and mix in dry ingredients just to combine –leaving white streaks is better than over-mixing. Batter will form soft ball.

Place remaining 2 tablespoons sugar in wide, shallow bowl. Pinch off about 1 tablespoon batter and roll it between your palms, forming 1-inch ball. Place ball in bowl with sugar and roll to coat it, and then place on light-colored, ungreased baking sheet. Discard leftover sugar. Repeat, spacing balls 2-inches apart. Using back of a glass, press to flatten each ball into 1 1/3-inch disk.

Bake cookies for 10 minutes. While cookies bake, for glaze, in small bowl, combine confectioners' sugar with lemon juice, mixing until sugar is completely dissolved.

When cookies are done, immediately use spatula to transfer to wire cooling racks. Using tip of a knife, spread 1/4 teaspoon glaze on top of each warm cookie. Cool completely. Store in cookie tin for up to 1 week.

Makes 24 cookies.

Per 1 cookie serving: 75 calories, 3 g total fat (1 g saturated fat), 12 g carbohydrate, 1 g protein, <1 g dietary fiber, 80 mg sodium.

