

Low-Fat Gingerbread Cookies

Serving Size: 2 each

Makes: 23 cookies

Ingredients:

3 TBSP	Unsalted Butter
¾ cup	Dark Brown Sugar
½ cup	Unsweetened Applesauce
1 each	Egg
1/3 cup	Dark Molasses
3 cup	All Purpose Flour
1 tsp	Baking Soda
2 tsp	Ground Ginger
1 tsp	Ground Cinnamon
½ tsp	Ground Allspice
¼ tsp	Ground Cloves
2 TBSP	All Purpose Flour (for dusting)

NUTRITION FACTS PER SERVING

calories	120
total fat (g)	2
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	60
total carbohydrate (g)	25
dietary fiber (g)	<1
sugar (g)	11
protein (g)	2



Preparation:

1. In a large bowl, beat butter, sugar, and applesauce until smooth. Add egg and molasses and mix well.
2. In a separate bowl, mix flour, baking soda, and spices. Combine flour mixture with the sugar and molasses mixture and stir well. Divide dough into two flattened balls, cover with plastic wrap; refrigerate for 2 hours.
3. Dust chilled dough with flour and roll out with a rolling pin to ¼" inch thickness. Cut dough with cookie cutters into desired shapes. The cutters selected should yield approximately a 0.6 oz cookie*.
4. Place cut cookies onto a baking pan lined and bake in a 350°F oven for 10-12 minutes or until golden brown, cool and serve.

*Preferred cookie cutter size is a 2-¼ inch cookie cutter.



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