

DESSERT

Cardamom Cookies

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	36	\$0.11	87 kcal



Cardamom Cookies takes roughly 45 minutes from beginning to end. Watching your figure? This lacto ovo vegetarian recipe has 87 calories, 1g of protein, and 5g of fat per serving. For 11 cents per serving, you get a dessert that serves 36. 1 person were glad they tried this recipe.

Ingredients

- ☐ 3/4 teaspoon baking soda
- ☐ 1 tablespoon dark molasses
- ☐ 1 tablespoon ground cardamom
- ☐ 2/3 cup sugar
- ☐ 1/2 lb cup butter, at room temperature
- ☐ 2 cups all-purpose flour
- ☐ 1 teaspoon ground cinnamon

EQUIPMENT Bowl, Baking sheet, Oven, Blender, Plastic wrap, Spatula

Method

- 1 In a large bowl, with a mixer on medium speed, beat butter and sugar until smooth.
- 2 Add molasses and beat until well blended.
- 3 In a medium bowl, mix flour, baking soda, cardamom, and cinnamon. Stir or beat into butter mixture until well blended. Cover bowl with plastic wrap and chill until dough is firm, about 1 hour.
- 4 Shape dough into 1-inch balls. With lightly floured hands, roll each ball into a rope about 2 1/2 inches long and 1/2 inch thick; bend each rope into a horseshoe.
- 5 Place cookies about 2 inches apart on cooking parchment-lined or buttered 12- by 15-inch baking sheets.
- 6 Bake cookies in a 350 oven just until edges begin to brown, 7 to 9 minutes; if baking two pans at a time, switch their positions halfway through baking.
- 7 Let cookies cool on pans for 5 minutes, then use a spatula to transfer to racks to cool completely.

Nutrition per serving

	87 KCAL	1 g PROTEIN	5 g FAT	10 g CARBS
Saturated Fat				3.3 g · 20% of daily needs
Fibre				0.3 g · 1% of daily needs
Sugar				4.1 g · 5% of daily needs
Sodium				63.7 mg · 3% of daily needs
Cholesterol				13.5 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cardamom-cookies-148424