



Cinnamon and Molasses Cookies for Santa

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 2 tsp baking soda
- ☐ 1 cup butter grass-fed softened ()
- ☐ 1 cup unrefined cane sugar whole
- ☐ 2 pastured eggs beaten ()
- ☐ 2 tbsp ground cinnamon
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 tsp unrefined sea salt
- ☐ 4 cups sprouted grain flour

☐ 1 tsp vanilla extract

Equipment

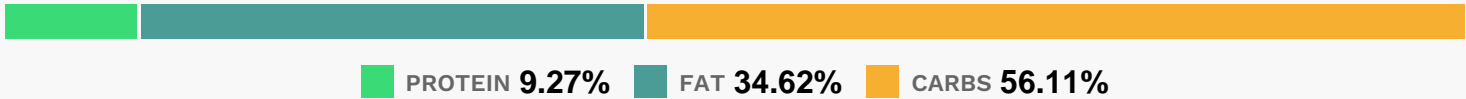
☐ bowl

☐ oven

Directions

- ☐ Cream butter and sugar together until light and fluffy.Slowly add the molasses and vanilla extract to the butter and sugar mixture, beat until well-combined.Stir in the beaten eggs until thoroughly mixed with the molasses, butter and sugar.In a separate bowl, mix sprouted flour, unrefined sea salt, baking soda and cinnamon together.
- ☐ Combine wet ingredients with dry ingredients, and mix until thoroughly blended.Refrigerate dough for at least 1 hour and up to 4 hours.Preheat the oven to 350° F.While the oven is preheating, prepare the topping by stirring together 2 tablespoons unrefined cane sugar, 1 tablespoon unrefined sea salt and 1 tablespoon ground cinnamon.Form two tablespoons of cookie dough into a ball and roll the balls in the cinnamon, sugar and salt topping.
- ☐ Place balls of dough on a preheated baking stone, press down with the tines of a fork to ensure even spreading.
- ☐ Bake cookies in an oven preheated to 350° F for approximately 6 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:3.2895652012009%

Nutrients (% of daily need)

Calories: 146.93kcal (7.35%), Fat: 5.76g (8.86%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 18.46g (6.71%), Sugar: 9.08g (10.09%), Cholesterol: 22.65mg (7.55%), Sodium: 206.06mg (8.96%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 3.47g (6.94%), Fiber: 2.55g (10.19%), Magnesium: 30.57mg (7.64%), Manganese: 0.15mg (7.43%), Phosphorus: 69.94mg (6.99%), Vitamin B1: 0.1mg (6.36%), Vitamin B3: 0.98mg (4.91%), Vitamin B6: 0.1mg (4.84%), Iron: 0.86mg (4.77%), Potassium: 137.23mg (3.92%), Zinc: 0.52mg (3.48%), Vitamin A: 172.05IU (3.44%), Selenium: 1.69µg (2.42%), Vitamin B2: 0.04mg (2.41%), Calcium: 16.91mg (1.69%), Copper: 0.03mg (1.33%), Vitamin E: 0.18mg (1.21%)