

Cinnamon Snaps

 Vegetarian

READY IN



30 min.

SERVINGS



54

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 cup tablespoons flour
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 0.3 cup sugar as needed

- ☐ 12 tablespoon butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract

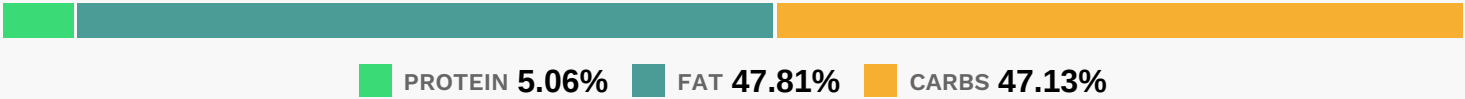
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Sift together the flour, baking soda, salt, cinnamon, ginger, and cloves. Set aside. Beat the butter and sugar together in an electric mixer on medium speed until light and fluffy.
- ☐ Add the honey, egg, and vanilla extract and beat for another minute on medium until well incorporated. Be sure to pause halfway through to scrape down the sides and bottom of the bowl. Slowly mix in the dry ingredients and mix until they are incorporated into the dough and the dough is smooth. Lightly flour a work surface and divide the dough into two equal parts. Lightly roll them out into logs about 2-inches in diameter.
- ☐ Place them on pieces of plastic wrap and wrap them up and carefully smooth the logs out.
- ☐ Place in the freezer and chill at least 2 hours, preferably overnight. Preheat the oven to 350 degrees F and line two baking sheets with parchment paper or silicone mats. Set aside a small bowl the turbinado sugar. Slice the dough into ¼-inch rounds with a sharp knife. Take each round and press one side into the turbinado sugar.
- ☐ Place the dough round sugar-side up. Give the cookies plenty of space as they will spread when they bake.
- ☐ Bake for 10–13 minutes or until a dark golden-brown. Be sure to watch them very carefully after 10 minutes as they can burn very quickly. The cookies will puff up a bit and remain soft once out of the oven. Don't worry as they will become crisp as they cool. Allow the cookies to cool on the sheet for a minute before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:3.23, Inflammation Score:-1, Nutrition Score:0.99260869638427%

Nutrients (% of daily need)

Calories: 49.51kcal (2.48%), Fat: 2.66g (4.09%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.69g (2.07%), Sugar: 2.23g (2.48%), Cholesterol: 10.13mg (3.38%), Sodium: 32.29mg (1.4%), Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.63g (1.27%), Manganese: 0.07mg (3.57%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.04mg (2.46%), Folate: 9.05µg (2.26%), Vitamin B2: 0.03mg (1.7%), Vitamin A: 83.2IU (1.66%), Iron: 0.26mg (1.44%), Vitamin B3: 0.28mg (1.41%)