



Molasses Crackle Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple butter spread unsweetened (such as Tap 'n Apple)
- ☐ 2 teaspoons baking soda
- ☐ 1 large egg white
- ☐ 0.3 cup flaxseeds
- ☐ 1 tablespoon flaxseeds
- ☐ 2 cups flour all-purpose
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 2 tablespoons vegetable oil

Equipment

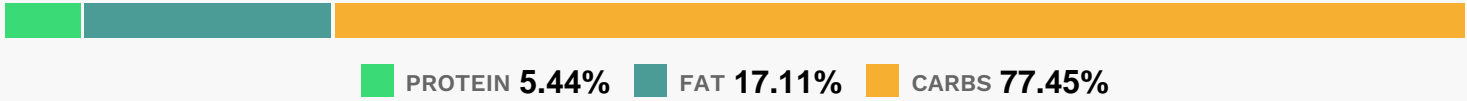
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Place 1/3 cup flaxseed in a blender or clean coffee grinder, and process until ground to measure 1/2 cup meal. Lightly spoon the flour into dry measuring cups, and level with a knife.
- ☐ Combine flaxseed meal, flour, and the next 5 ingredients (flour through ginger); stir with a whisk.
- ☐ Combine 1 cup sugar, apple butter, molasses, oil, and egg white, and stir with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Cover bowl with a sheet of heavy-duty plastic wrap; place bowl in freezer 1 hour.
- ☐ Preheat oven to 35
- ☐ Lightly coat hands with cooking spray. Shape dough into 36 balls, about 1 tablespoon each.
- ☐ Combine 1/3 cup sugar and 1 tablespoon flaxseed in a small bowl; roll balls in the sugar mixture.
- ☐ Place 2 inches apart on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 13 minutes or until golden. Cool for 5 minutes on pans.

- ☐
- Remove the cookies from pans, and cool completely on wire racks.
- ☐
- Note: This cookie dough freezes well. Make dough and shape into a large ball; freeze the ball in a zip-top plastic freezer bag. When ready to use, thaw dough completely in refrigerator. Sharpe, coat, and bake as instructed.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:9.78, Inflammation Score:-1, Nutrition Score:2.2217391140597%

Nutrients (% of daily need)

Calories: 84.65kcal (4.23%), Fat: 1.64g (2.53%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 15.92g (5.79%), Sugar: 10.58g (11.76%), Cholesterol: 0mg (0%), Sodium: 96.93mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Manganese: 0.18mg (8.98%), Vitamin B1: 0.09mg (5.73%), Selenium: 3.5µg (5%), Magnesium: 14.81mg (3.7%), Folate: 14.39µg (3.6%), Fiber: 0.8g (3.19%), Iron: 0.57mg (3.16%), Vitamin B2: 0.04mg (2.57%), Vitamin B3: 0.5mg (2.48%), Copper: 0.05mg (2.41%), Phosphorus: 20.57mg (2.06%), Potassium: 62.67mg (1.79%), Vitamin K: 1.59µg (1.51%), Vitamin B6: 0.03mg (1.46%), Calcium: 12.12mg (1.21%)