



### Ingredients

- 2 teaspoons baking soda
- 1 cup t brown sugar dark packed
- 1 large eggs
- 2.3 cups flour all-purpose
- 0.3 cup granulated sugar for tops of cookies
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
  - 0.8 teaspoon ground ginger

- 0.5 cup blackstrap molasses (not robust or blackstrap)
  - 0.5 teaspoon salt
- 0.3 cup butter unsalted softened
- 0.5 cup shortening at room temperature

# Equipment

bowl
baking sheet
oven
whisk
hand mixer
stand mixer
wax paper

## Directions

- Whisk together flour, baking soda, cinnamon, ginger, allspice, cloves, and salt in a bowl until combined.
- Beat together shortening, butter, and brown sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted with paddle attachment) or 6 minutes with a handheld.
- Add egg and molasses, beating until combined. Reduce speed to low, then mix in flour mixture until combined.
  - Put oven racks in upper and lower thirds of oven and preheat oven to 375°F.
  - Roll 1 heaping teaspoon of dough into a 1-inch ball with wet hands, then dip 1 end of ball in sanding sugar. Make more cookies in same manner, arranging them, sugared side up, 2 inches apart on 2 ungreased baking sheets.
  - Bake cookies, switching position of sheets halfway through baking, until undersides are golden brown, 10 to 12 minutes total, then cool on sheets 1 minute.
    - Transfer to racks to cool completely. Make more cookies with remaining dough on cooled baking sheets.

\*Available at Sweet Celebrations (800328-6722).

Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 2 weeks.



PROTEIN 3.59% 📕 FAT 34.7% 📒 CARBS 61.71%

#### **Properties**

Glycemic Index:2.9, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:1.1339130593545%

#### Nutrients (% of daily need)

Calories: 55.62kcal (2.78%), Fat: 2.18g (3.35%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.65g (6.28%), Cholesterol: 4.28mg (1.43%), Sodium: 49.55mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Manganese: 0.09mg (4.26%), Selenium: 2.02µg (2.88%), Vitamin B1: 0.03mg (2.15%), Folate: 7.54µg (1.89%), Iron: 0.34mg (1.87%), Magnesium: 7.01mg (1.75%), Vitamin B2: 0.02mg (1.36%), Vitamin B3: 0.26mg (1.3%), Potassium: 44.26mg (1.26%), Vitamin B6: 0.02mg (1.01%)