

Moravian Spice Cookie Wafers (United States)

 Vegetarian

READY IN



130 min.

SERVINGS



60

CALORIES



38 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large egg yolk
- ☐ 1.7 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper white finely

- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 teaspoon salt fine
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted at room temperature

Equipment

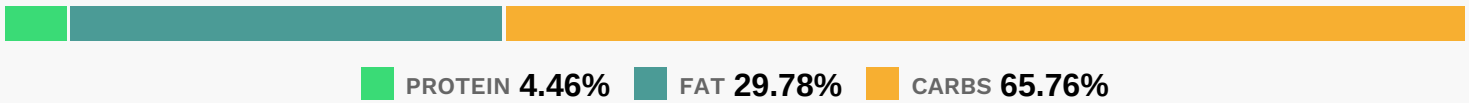
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cookie cutter
- ☐ wax paper
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Whisk the flour, salt, baking powder, baking soda, cinnamon, ginger, cloves, pepper and mustard together in a medium bowl.
- ☐ Beat the butter and sugar together in a large bowl with an electric mixer on medium-high speed until just combined and lightly fluffy. Beat in the molasses and egg yolk. Gradually add the dry ingredients and mix together on low speed until dough is just combined and still crumbly, about 3 minutes. Give dough a few turns with a spatula to bring together.
- ☐ Lay out wax paper on a clean work surface and put about 1/3 of the batter on top. Lightly press down and top with another sheet of wax paper. Using your hands or a rolling pin, gently pat into a rectangle.

- ☐ Roll out with a rolling pin until dough is as thin as possible without breaking, no thicker than 1/16 inch thick. This is the key to these cookies: they really can't be too thin. Gently peel back the layer of waxed paper and then replace it loosely.
- ☐ Transfer rolled batter to a flat baking sheet and freeze until firm and can easily be peeled away from the waxed paper, about 30 minutes. Repeat with the remaining dough.
- ☐ Cut dough using a small (2- to 3-inch) fluted round cookie cutter and return to the freezer for 15 minutes to set.
- ☐ Transfer frozen cookies to a baking sheet lined with parchment paper and bake until crisp and lightly, evenly colored (but not brown), about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.77, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:0.87304348117955%

Nutrients (% of daily need)

Calories: 37.63kcal (1.88%), Fat: 1.26g (1.94%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.15g (2.24%), Sugar: 3.56g (3.95%), Cholesterol: 6.07mg (2.02%), Sodium: 28.41mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Manganese: 0.07mg (3.29%), Selenium: 1.67µg (2.38%), Vitamin B1: 0.03mg (1.9%), Folate: 6.85µg (1.71%), Iron: 0.25mg (1.41%), Vitamin B2: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.11%), Magnesium: 4.39mg (1.1%)