

Moravian Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



36 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter softened
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon pepper white

Equipment

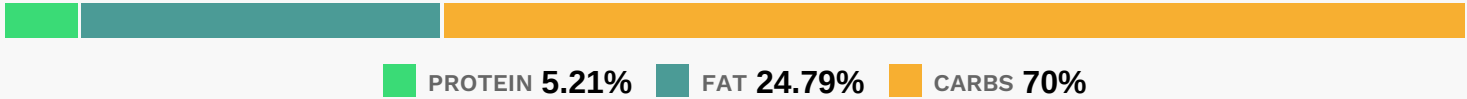
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 8 ingredients (through allspice), stirring with a whisk.
- ☐ Place molasses, butter, and sugar in a large bowl; beat with a mixer at high speed for 2 minutes.
- ☐ Add flour mixture; beat just until blended (dough will be crumbly). Divide dough into 4 equal portions.
- ☐ Place each portion on a sheet of wax paper; cover with plastic wrap.
- ☐ Roll each portion to a 1/8-inch thickness. Freeze 10 minutes; remove plastic wrap.
- ☐ Cut with a 2 1/2-inch round cutter.
- ☐ Place cookies on baking sheets coated with cooking spray.

- ☐ Bake at 350 for 6 minutes or until edges of cookies are browned. Cool 5 minutes on baking sheets.
- ☐ Remove from baking sheets; cool completely on wire racks. Repeat procedure with remaining dough.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.2282608728856%

Nutrients (% of daily need)

Calories: 36.32kcal (1.82%), Fat: 1.01g (1.55%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.25g (2.27%), Sugar: 2.99g (3.33%), Cholesterol: 2.51mg (0.84%), Sodium: 32.79mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Manganese: 0.12mg (5.9%), Selenium: 2.13µg (3.05%), Vitamin B1: 0.04mg (2.38%), Magnesium: 8.92mg (2.23%), Iron: 0.38mg (2.09%), Folate: 8.05µg (2.01%), Potassium: 52.75mg (1.51%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.3%), Vitamin B6: 0.02mg (1.19%), Copper: 0.02mg (1.14%)