

Peanut Butter Molasses Cookies



Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

36

CALORIES

calories

66 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.3 cup honey
- ☐ 0.3 cup peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup unsulfured molasses
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

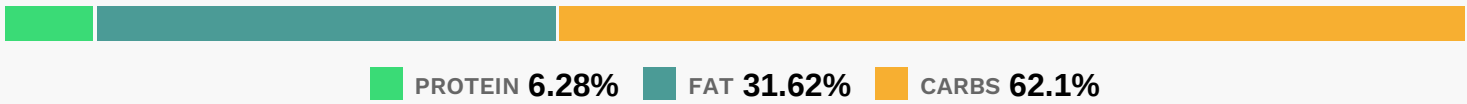
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together the butter, peanut butter and 1/2 cup white sugar until smooth. Stir in the honey, molasses, egg and vanilla.
- ☐ Combine the flour, baking powder, baking soda, salt, nutmeg, cinnamon and ginger. Stir the dry ingredients into the molasses mixture until well blended.
- ☐ Roll dough into walnut sized balls and roll the balls in the remaining 1/2 cup of sugar.
- ☐ Place cookies 2 inches apart onto the prepared cookie sheets. Press a criss cross into the top with a fork.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Cool on the baking sheet for 5 minutes before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.12, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:1.5856521876286%

Nutrients (% of daily need)

Calories: 65.84kcal (3.29%), Fat: 2.37g (3.65%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 10.24g (3.72%), Sugar: 6.68g (7.42%), Cholesterol: 7.94mg (2.65%), Sodium: 65.5mg (2.85%), Alcohol: 0.04g (100%), Alcohol %: 0.28% (100%), Protein: 1.06g (2.12%), Manganese: 0.11mg (5.55%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.04mg (2.69%), Folate: 10.7µg (2.67%), Magnesium: 10.05mg (2.51%), Iron: 0.4mg (2.24%), Vitamin B2: 0.03mg (2%), Phosphorus: 16mg (1.6%), Potassium: 53.22mg (1.52%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.43%), Copper: 0.03mg (1.4%), Calcium: 11.49mg (1.15%)