

## Snappy Molasses Cookies



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



62 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 cup coconut oil melted
- ☐ 1 ener-g "egg" (for egg-free)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.3 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.3 teaspoon groun nutmeg
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 2.3 cups pastry flour whole wheat all-purpose

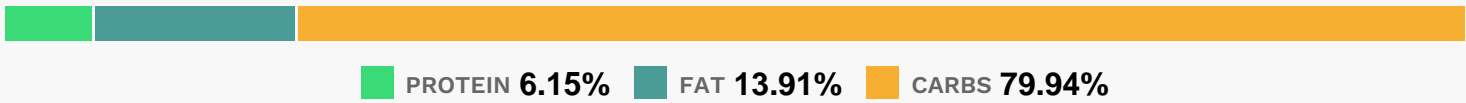
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wax paper

## Directions

- ☐ Preheat your oven to 350°F (180°C).In a large mixing bowl, combine the oil and sugars. Beat in the egg, molasses, and vanilla.In a separate bowl, stir together 2-1/4 cups of the flour, the baking soda, and the pices.Stir the flour mixture into the wet mixture in your large mixing bowl until fully incorporated. If the dough isn't firm or seems too greasy, add a little extra flour.Shape the dough into 1-inch balls, roll them in the 1/3 cup sugar and place them a few inches apart on baking sheets.
- ☐ Bake for 10 to 12 minutes, or until beginning to look firm around the edges.
- ☐ Remove them to a wire wrack or wax paper to cool.

## Nutrition Facts



## Properties

Glycemic Index:5.86, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:2.4486956267577%

## Nutrients (% of daily need)

Calories: 62.26kcal (3.11%), Fat: 1.01g (1.56%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.22g (4.45%), Sugar: 7.54g (8.37%), Cholesterol: 0mg (0%), Sodium: 62.85mg (2.73%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 1.01g (2.01%), Manganese: 0.39mg (19.65%), Selenium: 5.15µg (7.35%), Magnesium: 16.51mg (4.13%), Fiber: 0.85g (3.42%), Phosphorus: 27.84mg (2.78%), Vitamin B1: 0.04mg

(2.58%), Vitamin B6: 0.05mg (2.41%), Iron: 0.43mg (2.37%), Copper: 0.04mg (2.23%), Vitamin B3: 0.41mg (2.03%), Potassium: 67.17mg (1.92%), Zinc: 0.21mg (1.39%), Calcium: 11.46mg (1.15%)