



Delicious any time of the year, sorghum molasses cookies, spiced with ginger and cinnamon, are perfect for the holidays. Adding applesauce lets you cut down on both the fat and sugar, compared to most cookie recipes. They're delectable "as is" or can be dressed up for the holidays with a sprinkling of confectioners sugar or decorated with icing.

Spiced Sorghum Molasses Cookies

INGREDIENTS

3 cups whole grain sorghum flour
1 teaspoon baking soda
2 teaspoons ground cinnamon
1½ teaspoons ground ginger
¼ cup softened butter
¾ cup packed brown sugar
½ cup unsweetened applesauce
1 large egg
⅓ cup unsulfured molasses
Confectioners sugar or icing (optional)

NUTRITION INFORMATION

Per serving (2 cookies):
Calories 100, Fat 2g (saturated fat 1g),
Sodium 45mg, Carbohydrate 19g,
Fiber 2g, Protein 2g

DIRECTIONS

1. In a large bowl, mix together the flour, baking soda, cinnamon, and ginger. Set aside.
2. In another large bowl, beat together the butter and brown sugar until fluffy. Add the applesauce and the egg, then add the molasses; mix until well blended.
3. Add the dry ingredients to the liquid ingredients. Beat at medium speed until the mixture no longer sticks to the bowl, adding more flour if necessary.
4. Divide dough into 6 roughly-equal pieces, shape into rectangles and wrap each in plastic wrap. Chill dough for two hours.
5. Preheat the oven to 375°F. Oil or butter a large baking sheet.
6. Working with one of the six pieces at a time (while the others continue to chill), roll dough on a floured surface to about ¼-inch thick, then shape with a cookie cutter. You can use a round-shaped cutter, or for a more festive look, use a holiday-themed one.
7. Place the cookies on the prepared baking sheet about 1 inch apart, and bake for 10 minutes. Cool on a rack. After they've cooled, enjoy them "as is" or add a little embellishment by sprinkling with confectioners sugar, or decorating with icing.

Yield: approximately 3 dozen cookies