

Chewy Gingerbread Cookies

(Makes 2 dozen small cookies, serving size: 1 cookie)

Ingredients:

- 1 ½ cups whole-wheat pastry flour or barley flour
- 2 tablespoons unsweetened cocoa powder
- 1 ¼ teaspoons ground ginger
- 1 teaspoon cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ½ cup baby-food prunes or applesauce
- 1 tablespoon peeled, finely chopped fresh ginger
- ½ cup packed brown sugar
- ¼ cup unsulphered molasses
- 1 teaspoon baking soda dissolved in 1 ¼ teaspoons boiling water
- ¼ cup granulated sugar (optional)



Directions:

- 1) Preheat oven to 325°.
- 2) Put flour, cocoa, and spices into a medium bowl and set aside.
- 3) Put prunes and ginger into bowl of electric mixer and blend on medium speed until well mixed. Add brown sugar; mix until combined. Add molasses; mix until combined.
- 4) Add flour mixture into 2 batches, alternating with baking soda mixture.
- 5) Dissolve baking soda in boiling water.
- 6) Transfer dough to a piece of plastic wrap and pat to a 1-inch thickness. Refrigerate until firm, or until you can't wait any longer (if you don't wait, the dough will be really sticky)!
- 7) Line 2 baking sheets with parchment paper. Roll dough into 1 ½ inch balls, then roll in granulated sugar (optional). Space balls 2 inches apart on prepared baking sheets.
- 8) Bake for 20 minutes, or until surfaces crack slightly. Cool on sheets for 5 minutes. Transfer to a wire rack and cool completely.

Nutritional Analysis: *(per serving)*

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| ▪ Calories: 60 | ▪ Protein: 1 g |
| ▪ Fat: 0 g | ▪ Carbohydrate: 14 g |
| ▪ Saturated Fat: 0 g | ▪ Sugars: 7 g |
| ▪ Sodium: 55 mg | ▪ Dietary Fiber: 1 g |

Source:

Prevent and Reverse Heart Disease by Caldwell B. Esselstyn, Jr., MD