

## Spiced Molasses Cookies

A diabetic-friendly recipe

### Ingredients:

- Cooking spray
- 2 cups pastry flour
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- Pinch salt
- 1/2 cup butter, room temperature
- 1/4 cup Splenda brown sugar blend
- 1/4 cup molasses
- 1 egg white



### Directions

1. Preheat oven to 350°F. Spray two baking sheets with cooking spray.
2. Combine flour, baking soda, cinnamon, ginger, allspice, and salt in a medium bowl. Set aside.
3. Place butter in the bowl of an electric mixer and blend until smooth. Add sugar, molasses, and egg white, beating until smooth. Gradually stir in flour mixture.
4. Roll dough into 3/4-inch balls and place on the prepared baking sheets. Press a fork on top of each ball twice to create a crisscross pattern.
5. Bake 8 minutes. Allow to cool before transferring to a cooling rack.

*Makes 2 dozen cookies*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***