

## Ginger (molasses) cookies

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| 1 cup flour           | 1/4 tsp nutmeg               |
| 1 Tbs flour           | 1/2 tsp vanilla              |
| 1 tsp baking soda     | 1/4 cup white beans          |
| 1/4 tsp baking powder | 2 Tbs unsweetened applesauce |
| 1/2 tsp cinnamon      | 2 Tbs brown sugar            |
| 1/8 tsp cloves        | 1/4 cup molasses             |
| 1/2 tsp ground ginger |                              |



### Procedure

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- 1 Mix dry ingredients together in a mixing bowl until well combined.
- 2 Puree beans until like refried beans. Add dry ingredients and then remaining ingredients and stir until combined. If using a food processor, can just leave everything in the food processor and mix in there but be sure to add the dry before the moist or the moist will congregate under the blade and not get mixed in.
- 3 Scoop into 18 balls and flatten on cookie sheet and refrigerate for 30 minutes. You want the cookies to be COLD when they hit the hot oven.
- 4 Bake 10-15 (13) minutes, or until cookies are firm to the touch.

Servings: 18

Oven Temperature: 350°F

### Nutrition Facts

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Nutrition (per serving): 52 calories, <1 calories from fat, <1g total fat, 0mg cholesterol, 79.3mg sodium, 97.2mg potassium, 11.7g carbohydrates, <1g fiber, 5.2g sugar, 1g protein.

### Source

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Author: combined 3 recipes including <https://happyherbivore.com/recipe/soft-molasses-cookies/>