

Ginger Molasses Cookies with Hi-maize[®] 260

Offers approximately 3 grams of fiber per serving

Ingredients		Measurements
A	Unsalted Butter, softened	1 cup
A	Granulated Sugar	1/2 cup
A	Brown Sugar	1/2 cup
B	Egg Yolk	4 1/2 tsp
B	Vanilla Extract	1 1/8 tsp
C	Molasses	2/3 cup
D	All-Purpose Flour	1 1/2 cup
D	Hi-Maize[®] 260	1 1/8 cup
D	Baking Soda	1 2/3 tsp
D	Ground Cinnamon	2 1/4 tsp
D	Ground Ginger	2 1/2 tsp
D	Ground Cloves	3/4 tsp
D	Ground Allspice	1/2 tsp
D	Sea Salt	1/4 tsp
E	Crystallized Ginger	2 1/2 T
	Sugar-In-The-Raw, optional	

PREPARATION:

makes about 3 dozen cookies

1. Pre-heat the oven to 375°F
2. Beat ingredients in section **A** using a paddle attachment at med-high speed until light and fluffy (about 3 minutes)
3. Reduce speed to med-low; add ingredients in section **B**. Mix until incorporated.
4. Add **C**; mix until incorporated, scraping down the sides
5. Sift together **D**.
6. Slowly add dry ingredients to existing mixture; mix just until blended
7. Chill cookie dough (4 hours recommended)
8. Roll dough into small balls
9. Roll balls in sugar-in-the-raw; place on parchment-lined baking sheet
10. Slightly flatten cookies with palm of hand
11. Bake for 10 minutes; (longer for crispier cookies)

Nutrition Facts

Serving Size (30g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 20mg	7%
Sodium 70mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 9g	
Protein 1g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Note-The Nutrition Facts panel above is based solely on the formula shown and does not account for any changes that may occur processing or baking.

The information given is offered in good faith, but without guarantee. No patent liability is assumed.

Revised 1/20/2006 LAB