



## Cookies - Ginger

Makes: 50+ child servings (80 cookies)

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ⅓ cups	margarine	325 mL
2 cups	sugar	500 mL
1 cup	molasses	250 mL
2	eggs, beaten	2
7 ½ cups	whole wheat flour	1.8 L
1 tbsp	baking powder	15 mL
¾ tsp	baking soda	3 mL
2 tbsp	ginger, ground	30 mL
2 tbsp	cinnamon, ground	30 mL
1 tsp	cloves, ground	5 mL

### Instructions

1. Preheat oven to 375°F (190°C).
2. Using a stand or hand mixer, cream margarine and sugar until smooth.
3. Mix in vanilla, eggs, and molasses.
4. In a medium bowl, combine flour, spices, baking soda, and baking powder.
5. Add flour mixture to wet ingredients. (If mixture is too wet, add extra flour.)
6. Using a small scoop (size 40), arrange cookies on parchment-lined baking sheets.
7. Bake for 10 - 12 minutes or until golden.

*Note:* Extra cookies can be frozen.

Nutrition Information	
Per Cookie (25 g)	
<b>Calories</b>	100
<b>Fat</b>	3.5 g
	Saturated 0.5 g
	+ Trans 0 g
<b>Sodium</b>	70 mg
<b>Carbohydrates</b>	18 g
	Fibre 2 g
	Sugars 8 g
<b>Protein</b>	2 g
Calcium	30 mg
Iron	1 mg

Food Guide Servings
½ Grain Product