Low-Fat Gingerbread Cookies

Nutrition Facts:

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<table>
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<tbody>
<tr>
<td>Yield</td>
<td>48</td>
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<tr>
<td>Calories</td>
<td>56</td>
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<tr>
<td>Fat</td>
<td>0.8 g</td>
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<tr>
<td>Sodium</td>
<td>25 mg</td>
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Ingredients Needed:

- 3 Tbsp. unsalted butter, softened
- ¾ cup firmly packed brown sugar
- ½ cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour + some for dusting
- 1 tsp. baking soda
- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- ½ tsp. allspice

Recipe Directions:

- In a large mixing bowl, beat the butter, sugar, and applesauce until smooth. Add the egg and molasses, mix well.
- In another large bowl, combine flour, baking soda, and spices. Add to sugar and molasses mixture, stirring well. Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
- Preheat oven to 350 degrees. Generously dust the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time and keep the other refrigerator while you do so.
- Roll the dough out to ¼ or 1/8 inch thickness; sprinkle a little flour on top of the dough if it’s sticky.
- Cut the gingerbread with a cookie cutter shape of your choice. Place cookies 1 or 2 inches apart on a greased baking sheet. Bake 10-12 minutes.