



## Molasses Crackle Cookies

Makes 36 cookies

Ground flaxseed adds a pleasant nutty flavor and is a good source of healthy omega-3 fatty acids and fiber.

½ cup ground flaxseed meal	1 cup granulated sugar or Splenda
1 cup all-purpose flour	½ cup unsweetened apple butter
whole wheat flour	1 cup
1 tsp. baking soda	¼ cup molasses
1 ¼ tsp. ground cinnamon	2 Tbsp. canola oil
½ tsp. salt	1 large egg white
½ tsp. ground cloves	½ c. granulated sugar or Splenda
½ tsp. ground ginger	1 Tbsp. ground flaxseed

- Combine the first 8 ingredients (flaxseed through ginger) well.
- Stir together: sugar, apple butter, molasses, oil and egg white. Add to flour mixture, stir just until moist.
- Cover bowl with plastic wrap. Place in freezer for 1 hour. Preheat oven to 350°.
- Lightly coat hands with cooking spray. Shape dough into 36 balls, about 1 Tbsp. each. Combine 1/3 cup sugar and 1 Tbsp. flaxseed in a small bowl. Roll balls in sugar mixture.
- Place 2 " apart on baking sheets coated with cooking spray. Bake for 13 minutes; let cool on pan 5 minutes. Let cool completely on wire rack.  
Note: Dough can be frozen. Thaw in refrigerator and shape as above.

Recipe adapted from Cooking Light Magazine.

### **Nutritional Information (per cookie):**

Calories: 74	Carbohydrate: 14.7g
Total Fat: 1.4g	Dietary Fiber: 1.1g
Saturated Fat: 0g	Protein: 1.2g