



Molasses Crackle Cookies

Makes 36 cookies

This chewy, tasty spice cookie calls for ground flaxseed. Here are some 'flax facts' ...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 all-purpose flour
1 cup whole wheat flour
1 tsp. baking soda
1 ¼ tsp. ground cinnamon
½ tsp. salt
½ tsp. ground cloves
½ tsp. ground ginger
1 cup granulated sugar (or Splenda)
½ cup unsweetened apple butter
¼ cup molasses
2 Tbsp. canola oil
1 large egg white
½ cup granulated sugar (or Splenda)
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 just until moist.
- Cover bowl with plastic wrap. Place bowl in the 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 inches apart on baking sheets coated with cooking spray. Bake for 13 minutes and let cool on pan for 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