

## GINGERBREAD COOKIES

### (whole grain, less sugar, STILL DELICIOUS)

Makes about 30 (3-inch) cookies (15 servings if 2 cookies each)

#### Ingredients:

4 tablespoons butter flavored shortening, your favorite margarine/butter (room temperature)

1/4 cup light cream cheese or Neufchatel cream cheese

1 3/4 cups whole wheat flour

1/4 cup granulated sugar

1/4 cup molasses

1/4 cup honey

1 large egg, pastured or higher omega-3 if available

1 tablespoon baking powder

1 teaspoon ground ginger

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon ground cardamom (optional)

3/4 cup unbleached white flour

#### Directions:

1. Preheat oven to 375-degrees if baking cookies immediately. In mixing bowl, beat shortening and cream cheese with electric mixer on medium speed for 30 seconds. Add the whole-wheat flour, sugar, molasses, honey, egg, baking powder, ginger, cinnamon, cloves, and cardamom (if desired). Beat till combined, scraping bowl occasionally.
2. Beat in the remaining flour on low speed. Cover cookie sheets generously with cooking spray.
3. On a lightly floured surface, roll half of dough to about 1/4-inch thickness. Using a 3-inch cookie cutter, cut dough into shapes. Place 1-inch apart onto prepared cookie sheets. Bake for 8 minutes or until edges are lightly browned (if using larger cookie cutters, it will take longer). Cool on cookie sheets for 1 minute. Remove cookies and cool on wire racks.
4. Decorate cookies with icing or frosting as desired! ENJOY!

**Per 2 cookies:** Calories 158, Protein 4 g, Carbohydrate 25 g, Fiber 2 g, Fat 4.5 g, Saturated Fat 2.2 g, Monounsaturated Fat 1.7 g, Polyunsaturated Fat .5 g, Cholesterol 17 mg, Sodium 120 mg