

Gingersnaps

Ingredients:

¾ cup butter - room temp
1 cup dark brown sugar
¼ cup molasses
1 egg
½ tsp vanilla
2 cups all purpose flour
1 tsp baking soda
¼ tsp salt
1 ½ tsp cinnamon
2 tsp ground ginger
½ tsp ground cloves

Garnish: Granulated sugar crystals (if you have them, they really make these cookies shine!) or white sugar

Instructions:

1. In one bowl, use a mixer to cream butter and brown sugar. Add molasses, egg, and vanilla and beat well.
2. In another bowl, combine the flour, baking soda, salt and spices. Add to the butter mixture and mix until well combined.
3. Cover and chill for 30 minutes
4. Preheat oven to 350 degrees F..
5. Line a baking sheet with parchment paper.
6. Place ½ cup granulated sugar crystals in a small bowl.
7. Roll dough into 1 inch balls. Roll in the sugar to coat them thoroughly.
8. Place on a baking sheet about 2 inches apart. With the bottom of a glass flatten the cookies slightly.
9. Bake for 12-15 minutes or until the cookies feel dry and firm on top. Overbaking will make them crispy. I err on the side of soft cookies! Cool on a wire rack.

The story behind this recipe. Gingersnaps may not be the first food you think of for “healthy eating”, but sometimes you have to support your mental health and a good gingersnap will brighten your day. There is certainly no need to save ginger cookies for the holidays! My husband made these cookies at my request this week and they were top notch!