

German Gingerbread

Makes Approx: 2 dozen

Serving size: 1 Cookie

Ingredients:

2 1/2 tbsp. of golden syrup (Molasses)
1/2 cup of margarine
1/2 cup of Splenda Brown Sugar Blend
1 egg yolk
2 cups of plain flour
1 tsp. of baking powder
3 tsp. of ground ginger
1/2 tsp. cinnamon, optional
extra flour for rolling pastry

Directions:

1. Stand container of golden syrup in hot water to soften.
2. Beat the margarine and Splenda to a cream, and then beat the egg yolk.
3. Beat in the syrup.
4. Slowly add flour, baking powder, ginger and an optional dash of cinnamon.
5. With floury hands kneed into a dough.
6. Wrap in plastic and place in fridge for 1 hour, making it easier to roll out.
7. Brush flour on the rolling pin and under the dough.
8. Roll to an even 1/4" thick and cut out shapes.
9. Place on a greased tray about 1/2" apart and bake in a moderately low oven (350 degrees) for about 12 minutes.
10. Leave for a few minutes and remove with a spatula.
11. May decorate with raisins and orange peels.

Exchanges per serving:

1 Starch; 1 1/2 Fat;

Nutrients per serving:

Calories: 187

Calories from fat: 40.5%

Total Fat: 8g

Cholesterol: 18mg

Sodium: 136mg

Total Carbohydrate: 25g

Dietary Fiber: 1g

Protein: 3g