

Flax Ginger Cookies

1 1/3	cups	all purpose flour, sifted	330	mL
2/3	cup	milled flax	160	mL
2	tsp.	baking soda	10	mL
1	tsp.	cinnamon	5	mL
1	tsp.	ginger	5	mL
1	tsp.	cloves	5	mL
1/2	tsp.	salt	2	mL
1/4	cup	non-hydrogenated margarine, melted	60	mL
1/2	cup	brown sugar	125	mL
1		egg	1	
1/3	cup	molasses	80	mL

- Preheat oven to 325° F (170° C).
- Combine sifted flour, milled flax, baking soda, cinnamon, ginger, cloves and salt; mix well.
- In a separate bowl, beat together brown sugar and egg until sugar is dissolved.
- Add melted non-hydrogenated margarine and molasses to sugar and egg mixture; mix well.
- Stir in dry ingredients. Knead dough with your hands to mix in all ingredients and form a large ball.
- Cover dough and chill in refrigerator for about 1 hour.
- Remove from refrigerator.
- Lightly spray cookie sheet with non-stick vegetable spray; wipe off excess.
- Lightly coat your hands with vegetable oil or non-stick spray to handle cookies easier.
- Measure 1 tbsp. (15 mL) chilled dough; roll and flatten (Canadian loonie coin size).**
- Place on cookie sheet 2 inches (5 cm) about 15 per tray.
- Bake for 10 to 11 minutes.
- Remove from oven and cool on wire rack for 5 minutes.
- Remove from tray and cool to room temperature.

Note:

** These cookies require forming because of the decreased amount of shortening.

Yield: 26 2 inch (5 cm) cookies with 1/2 inch (1.27 cm) thickness

Serving Size: 2 cookies

Single Serving Nutrient Values

Calories	96.4
Protein	1.66 g
Carbohydrate	15.93 g
Fat	3.04 g
Cholesterol	7.19 mg
Saturated Fat	0.41 g
Monounsaturated Fat	1.15 g
Polyunsaturated Fat	1.23 g
Dietary Fibre	1.16 g
Sodium	183.1 mg
Potassium	115.9 mg

