GINGER SPICE & RAISIN COOKIES

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cookie

Nutrition (per serving)

Calories: 93	Total Carbohydrate: 17 g
Total Fat: 1.5 g	Dietary Fiber: 0.5 g
Saturated Fat: 1 g	Protein: 3.5 g
Sodium: 78 mg	

Ingredients

1/4 cup butter

1 cup sugar, minus 1 Tbsp

1/4 cup molasses

3 large egg whites

1.75 cups all-purpose flour

1/3 cup whole wheat flour

1 tsp baking soda

1/4 tsp cinnamon

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1/2 tsp ground ginger

1 pinch of ground cloves (about 1/16 tsp)

3/4 cup raisins

Directions

1. Preheat oven to 350 degrees. Lightly spray cookie sheets and set aside.
2. In a mixing bowl, add butter and cream until soft. Add the sugar and molasses and mix well. Beat in the egg whites and stir until creamy.
3. In a separate bowl, combine the dry ingredients. Add the dry ingredients into wet mixture and stir until well incorporated.
4. Stir in raisins.

Spoon by heaping teaspoons onto a prepared baking sheet. Bake for 12-15 minutes

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