

# SHOPPING LIST

## Molasses Cookies

- Unsalted Butter
- Light Brown Sugar
- Egg
- Molasses
- All Purpose Flour
- Whole Wheat Graham Flour
- Baking Soda
- Cinnamon
- Nutmeg
- Kosher Salt

First, check off the items you already have at home.



Professor Fizzy presents

# SNACKS



# Molasses Cookies



VEGETARIAN



YES

TIME



Over 1 hour

DIFFICULTY



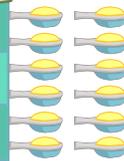
Medium

MAKES



Dozen Cookies

## YOU WILL NEED



**12 tablespoons**  
unsalted butter,  
room temperature



**1 cup**  
light brown sugar,  
packed



**1 large egg**



**1/4 cup**  
blackstrap molasses



**1 cup**  
all purpose flour



**1 cup**  
whole wheat  
graham flour



**1 1/2 teaspoons**  
baking soda



**1/2 teaspoon**  
ground cinnamon



**Pinch**  
ground nutmeg



**1/2 teaspoon**  
kosher salt

## ATTENTION KIDS: Always cook with a grownup!

**STEP 1:** Preheat the oven to 350 degrees. Combine the butter and sugar in the bowl of a standing mixer fitted with the paddle attachment and beat on medium speed until smooth and creamy, scraping down the sides of the bowl, as needed. Add the egg and mix until combined, followed by the molasses. Add the remaining ingredients and mix until everything is well incorporated.



**STEP 2:** Drop large teaspoons of dough onto an ungreased cookie sheet about 2 inches apart, transfer to the oven and bake until the edges are just brown, 8 to 12 minutes, rotating the baking sheet halfway through cooking. For crispy cookies, let cool on the sheet. Let the cookie sheet cool completely between batches and repeat with the remaining dough.



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## Nutrition Facts

Serving Size 1 cookie (16g)

Servings Per Container 48 cookies

Amount Per Serving

Calories 70      Calories from Fat 25

Total Fat 3g      % Daily Value

Saturated Fat 2g      5%

Trans Fat 0g      10%

Cholesterol 10mg      3%

Sodium 65mg      3%

Total Carbohydrate 9g      3%

Dietary Fiber 0g      0%

Sugars 6g

Protein 1g

Vitamin A 2%      Vitamin C 0%

Calcium 2%      Iron 2%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	Less than 300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4