

Health(ier) Cookies for the Holidays: Orange Spice Molasses

Ingredients

1/2 c. granulated sugar
1 Tbsp freshly grated orange zest
1 1/2 c. rolled oats
5 Tbsp unsalted butter, softened
1/3 c. granulated sugar
1/3 c. packed brown sugar
2 Tbsp freshly grated orange zest
1/2 c. molasses
7 Tbsp unsweetened applesauce
1 large egg yolk
1 tsp vanilla extract
1 tsp baking soda
1 1/2 tsp ground cinnamon
1 1/2 tsp ground ginger
1/2 tsp ground cloves
1/4 tsp ground allspice
1/4 tsp freshly ground pepper
1/4 tsp salt
2 1/4 c. whole wheat flour

Directions

Preheat oven at 375 F.

- Coat large baking sheet with cooking spray or cover with parchment paper.
- Prepare the rolling sugar by pulsing 1/2 c. granulated sugar & 1 Tbsp orange zest in food processor until well combined. Place in shallow dish & set aside.
- To prepare cookie dough, grind oats in blender until they look like a fine powder, 1-2 min. Beat butter & 1/3 c. granulated sugar in a large bowl with an electric mixer on med-high speed for 5 min.
- Add brown sugar & 2 Tbsp orange zest & beat another 2 minutes. Add molasses, applesauce, egg yolk, vanilla, baking soda, cinnamon, ginger, cloves, allspice, pepper & salt. Beat on med. high until incorporated, about 30 sec.
- Turn the mixer to medium & slowly add the ground oats. Scrape down the bowl, with the mixture on medium. Slowly add whole wheat flour. The dough will be moderately sticky. Roll rounded Tbsp into balls, then roll in the rolling sugar to coat.
- Lightly brush off the excess so that just a thin coat is on the cookie. Place cookies 1" apart on baking sheet. Bake until edges are set & tops are cracked, until centers are soft & puffy, about 10 min. Let cookies cool on baking dish for 8 min.

Makes 40 cookies. **80 Calories per cookie.**

brought to you by:

Momentum Fitness

“strength through movement”

www.momentumri.com

All Foods Nutrition

“all foods can be part of a heathy life”

www.allfoodsnutrition.com

