

Snack

Chewy Ginger Cookies

Side Effect: Nausea/Vomiting

20 Mins
Prep Time

9-11 Mins
Cook Time

24
Servings

 **146 Calories** **6g Fat** **22g Carbs** **1g Protein**



Ingredients

 **24 Servings** • **1 Cookie** Serving Size

 **~30 Mins** Total Time

 **Allergens: Gluten, Dairy, Eggs**

2¼ Cups All-Purpose Flour

2 Tsp Ground Ginger 

1 Tsp Baking Soda

¾ Tsp Ground Cinnamon

½ Tsp Ground Cloves

¼ Tsp Salt

¾ Cup **Pasteurized**, Unsalted Butter, room temperature

1¼ Cup Sugar, divided

1 Egg

1 Tbsp Water

¼ Cup Molasses

Nourishment Note



Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.

Allergen Swap

Gluten Use a cup-for-cup gluten-free flour instead of all-purpose flour.

Dairy Substitute a plant-based margarine for butter.

Eggs Substitute egg for ¼ cup of unsweetened applesauce.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Dry Ingredients

Preheat oven to 350° F. In a mixing bowl, stir together the flour, ginger, baking soda, cinnamon, cloves, and salt.

3. Combine Wet Ingredients

In another mixing bowl, cream the butter and 1 cup of sugar with an electric mixer until light and fluffy. Add the egg and then stir in the water and molasses.

4. Beat Dry Ingredients into Wet Ingredients

Slowly beat the dry ingredients into the wet ingredients until well incorporated. **To prevent food-borne illness, do not eat raw cookie dough.**

5. Roll Into Balls

Add the remaining ¼ cup sugar to a small bowl. Shape dough into golf ball sized balls and roll in sugar. Place 2-inches apart on a baking sheet lined with parchment paper. Flatten slightly.

6. Bake Cookies

Bake for 9–11 minutes. Allow cookies to cool and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [allrecipes.com](https://www.allrecipes.com)

What You'll Need



Measuring Cups



Measuring Spoons



Mixing Bowls (2)



Electric Hand Mixer



Small Bowl



Cookie Sheet



Parchment Paper



Rubber Scraper



Spatula

Fatigue Buster

- Use a cookie scoop to portion dough and place directly on baking sheet without rolling in sugar.