

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 Unsalted Butter, room temperature

1¼ Cup Sugar, divided

1 **Pasteurized** 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 in warm, soapy water before preparing cookies.

### 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  $\frac{1}{4}$  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 Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

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.