

Molasses Cookies

Flavor Profile: African
20 Cookies

Give molasses cookies a wholesome upgrade with this recipe. A combo of whole-wheat flour, spices and blackstrap molasses, a natural sweetener rich in iron, produces a soft, chewy cookie laced with ginger and cinnamon.

Ingredients:

2 tbsp. ground flax
1 egg white
1 banana
1 c. whole-wheat flour
1 c. oats (not instant)
1/2 c. blackstrap molasses
2 tsp. cinnamon
1 tsp. ground ginger
1 tsp. baking soda

Directions:

Preheat oven to 350 degrees. Combine flax and egg white in a bowl. Set aside. Using a fork, mash banana in a bowl. Add flour and oats. Mix well.

Add flax mixture and molasses, mixing until everything is combined. Add the rest of the ingredients, stirring well. Scoop out rounded spoonfuls of batter onto a baking sheet.

Bake for 25 minutes.

