

Mini Molasses Cookies

Preparation time	15 minutes
Cooking time	24 minutes
Servings	20 servings of 3 cookies per person (makes 60 cookies)
Cost per serving	20¢
Storage	4 days in the fridge. Can be frozen.
Kitchen tools	2 large bowls, measuring cups and spoons, whisk, spatula, 2 baking sheets, parchment paper, small spoon



Ingredients



500 ml (2 cups)
whole-wheat flour



5 ml (1 tsp)
baking powder



5 ml (1 tsp)
baking soda



10 ml (2 tsp)
ground cinnamon



1 pinch
of salt

OR ANY SILKEN TOFU OF YOUR CHOICE: PLAIN, MAPLE, COCONUT, ETC.



1 package (300 g)
silken almond tofu

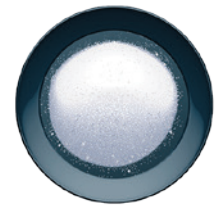


160 ml (2/3 cup)
molasses

OR HONEY

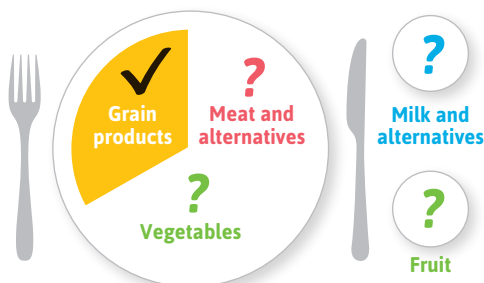


15 ml (1 tbsp)
canola oil



Sugar
(optional)

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Balanced plate

✓ Delicious with a glass of milk or fortified soy beverage.

Directions

- 1 Place one oven rack in the middle position and the other below. Preheat the oven to 180°C (350°F). Cover 2 baking sheets with parchment paper.
Tip: If you only have 1 baking sheet, simply cook the cookies in 3 batches!

- 2 In a bowl, combine the dry ingredients: **flour, baking powder, baking soda, cinnamon** and **salt**. Set aside.

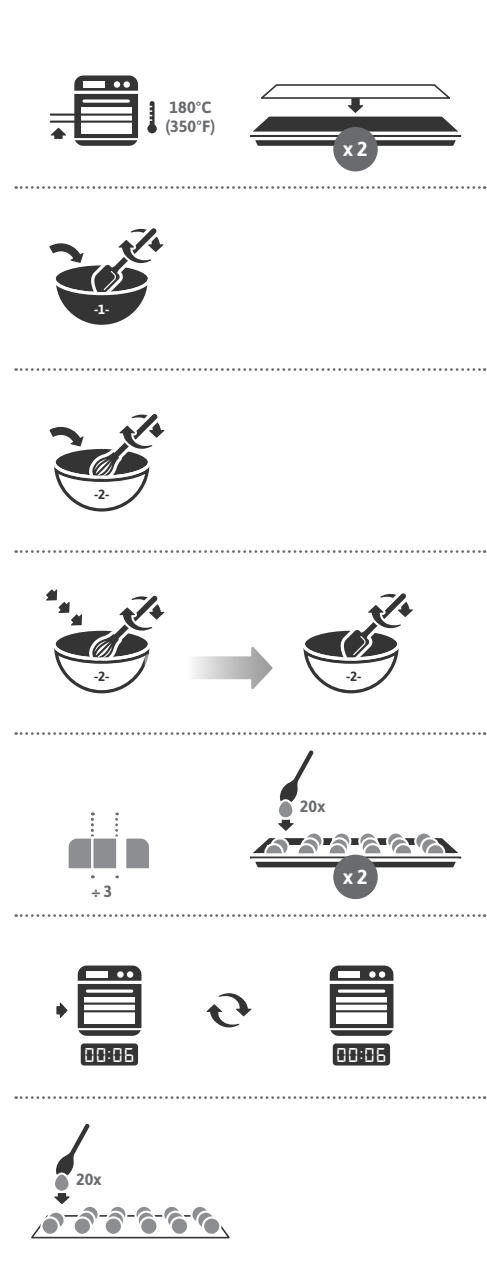
- 3 In another bowl, whisk together the **tofu, molasses** and **oil** until smooth.

- 4 Add the **dry ingredients**, just a little at a time, by first whisking them together, then delicately mixing them with the spatula towards the end.

- 5 Divide the **cookie dough** into 3 equal parts. For each part, drop 20 small spoonfuls on each baking sheet. You can sprinkle some **sugar** on top if you wish, before baking.

- 6 Bake 2 sheets for about 12 minutes, or until a crust forms on the cookies and the bottoms are starting to brown. Halfway through, switch the baking sheets in order to cook evenly.

- 7 While the first 2 batches of cookies are baking, drop 20 small spoonfuls of cookie dough on a piece of parchment paper that you'll simply slide onto a baking sheet when the other cookies are done.



My rating: ★ ★ ★

Original recipe by Liette Glaude, nutritionist and former OLO health care practitioner (CSSS du Témiscamingue)

