

HEALTHFUL

Cookies

bars · cutouts · drop cookies

KEEPERS AT HOME SAMPLER
· SIX ·

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COOKIE-BAKING TIPS

> When substituting honey for sugar, use $\frac{1}{2}$ - $\frac{3}{4}$ cup honey per 1 cup of sugar called for. Decrease the amount of liquids by $\frac{1}{4}$ cup per cup of honey used. When using honey in baked goods, lower the baking temperature by 25° , as foods brown sooner with honey. If the baked goods feel heavy or “cakey” when using honey, try using a teaspoon to a tablespoon of cider vinegar to your recipe. The vinegar will react with the baking soda or powder to produce bubbles that will cause it to rise better. The soda also neutralizes the vinegar, so don’t worry about the taste. It also tenderizes the gluten in the flour to give you a moister, more tender crumb.

> Egg Substitute

Add $\frac{1}{2}$ cup ground flaxseed to $1\frac{1}{2}$ cups cold water in a small saucepan. Bring to a boil, stirring constantly. Boil for 3 minutes. Cool. Keep in a closed jar in the refrigerator and use in baking recipes, substituting 1 tablespoon for every egg called for.

> For those who have a wheat allergy, spelt can be substituted for wheat in almost any recipe.

> Substitutions:

Maple Syrup - use $\frac{1}{2}$ - $\frac{2}{3}$ cup to replace 1 cup white sugar. Reduce liquid in recipe by $\frac{1}{4}$ cup.

Molasses - Use 1 cup to replace 1 cup white sugar. Reduce liquid in recipe by $\frac{1}{2}$ cup.

DROP COOKIES



SLICE & BAKE SPICE COOKIES

1 cup butter	1 cup toasted wheat germ or finely chopped almonds
1 cup honey	2 tsp. cinnamon
4 cups whole wheat flour	½ tsp. nutmeg
1½ tsp. baking powder	1 tsp. ginger
½ tsp. salt	¼ tsp. cloves
2 eggs	
2 tsp. vanilla	

Cream butter, honey, eggs, and vanilla. Add remaining ingredients. Shape into 2 logs 2" thick and wrap in waxed paper and chill dough at least 2 hours. Slice and bake at 350° for 10–15 minutes until just brown.

A friend who was such an inspiration to me to cook healthily gave me this recipe. It is nice to keep in the refrigerator for drop-in company.

Gay Snyder, Deerfield, OH

GINGERSNAPS

¾ cup butter	2½ cups whole wheat pastry flour
½ cup honey	1 Tbsp. ginger (or more)
½ cup molasses	1 tsp. cinnamon
1 egg	2 tsp. soda
1 tsp. vanilla	

Cream the butter. Add honey and molasses and continue beating until well blended. Beat in egg and vanilla. Mix together the flour, ginger, cinnamon, and baking soda. Add to butter mixture. Dough will be slightly sticky. Refrigerate 1 hour before baking. Shape into 1" balls or drop by teaspoon onto cookie sheets. Bake at 300° for 12–15 minutes.

My mother always made these gingersnaps whenever we went on a trip with a vehicle or bus, etc. When she made them for that purpose, she always put twice as much ginger in to help keep our stomachs settled, for some of us were bothered with motion sickness and ginger really helps to keep the stomach settled, she would say. I am very convinced this helps, for I'm making these for my own family now since one of our children got sick once, and since that no one has gotten sick and they say they feel better if they can nibble on my "strong cookies". By the way . . . we never got very sick either at home after my mother started making these. Coincidence or luck? Whichever you choose, it seems to help our family.

Ontario

FROSTED PUMPKIN GEMS

⅓ cup soft butter

⅔ cup honey

2 eggs

2 tsp. vanilla

1 cup pumpkin

½ cup unsweetened applesauce

3 cups whole wheat pastry flour

4 tsp. cinnamon

1 tsp. nutmeg

2 tsp. baking powder

1 tsp. soda

½ tsp. salt

Cream together butter and honey. Add eggs, vanilla, pumpkin, and applesauce. Blend thoroughly. Blend dry ingredients in a separate bowl. Thoroughly mix into the other mixture. Drop by large teaspoonfuls onto a greased cookie sheet. Bake at 350° for 15 minutes until lightly browned. Remove and cool on cooling rack. Frost with cream cheese frosting. Yield: 2½ dozen

Debi Jacobs, Blanchard, ID

PUMPKIN COOKIES

½ cup butter

¾ cup honey

1 egg

1 tsp. vanilla

1 cup pumpkin

2½ cups whole wheat flour

1 tsp. baking powder

1 tsp. soda

1 tsp. nutmeg

1 tsp. cinnamon

Cream together butter and honey. Beat in egg, vanilla, and pumpkin. Sift together flour, baking powder, soda, nutmeg, and cinnamon. Add to the butter mixture. Drop by tablespoonfuls onto a greased cookie sheet. Bake at 350° for 15 minutes. Frost with cream cheese frosting if desired.

Since I love pumpkin, these are one of my favorite cookies. They are soft and cake-like.

Crystal Briddick, Anchor, IL

CRUNCHY CRISPS

½ cup butter

½ cup shortening

1½ cup brown sugar or ¾ cup honey

1 egg

1 cup coconut

1¼ cup oatmeal

1½ cups flour (barley or whole wheat)

¼ tsp. soda

2 tsp. baking powder

½ tsp. salt

1 tsp. vanilla

Cream first 4 ingredients. Add coconut, then other ingredients. Mix well. Knead dough and shape into small balls. Bake on greased cookie sheets at 325°–350°.

Ontario

