

# GINGERBREAD COOKIES

A Healthy Holidays Recipe

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Makes: 4 dozen

## Ingredients:

3 cups white whole wheat flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon ground ginger  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
1 cup (2 sticks) butter, softened  
3/4 cup brown sugar  
1 egg  
1 Tablespoon apple cider vinegar  
1/2 cup molasses  
1 teaspoon vanilla (optional)

## Instructions:

1. In a large bowl, cream together the butter and brown sugar until light and fluffy. Add the baking soda, baking powder, and spices and mix for another 30 seconds.
2. Add the egg and vinegar. Continue beating for another minute. Add the molasses and beat to combine.
3. Finally, add the flour, one cup at a time.
4. Form the mixture into two balls, flatten into disks, wrap them in parchment paper or plastic wrap and refrigerate for 1-2 hours.
5. Preheat oven to 375.
6. Roll out the dough 1/4 inch thick, cut into shapes, and bake for 7-8 minutes. Cool completely before icing.

*Recipe adapted from: [livesimply.me/healthier-homemade-gingerbread-men](http://livesimply.me/healthier-homemade-gingerbread-men)*

