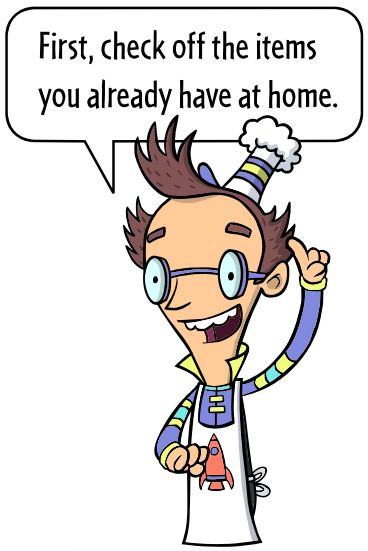
SHOPPING LIST

Molasses Cookies

- ◯ Unsalted Butter
- ◯ Light Brown Sugar
- ◯ Egg
- ◯ Molasses
- ◯ All Purpose Flour
- ◯ Whole Wheat Graham Flour
- ◯ Baking Soda
- ◯ Cinnamon
- ◯ Nutmeg
- ◯ Kosher Salt



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Professor Fizzy presents

PBS KIDS GO!

FIZZY'S LUNCH LAB

Molasses Cookies

VEGETARIAN	TIME	DIFFICULTY	MAKES
V		M	4
YES	Over 1 hour	Medium	Dozen Cookies

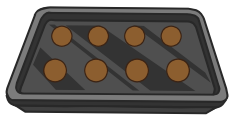
YOU WILL NEED

- **12 tablespoons** unsalted butter, room temperature
- **1 cup** light brown sugar, packed
- **1** large egg
- **¼ cup** blackstrap molasses
- **1 cup** all purpose flour
- **1 cup** whole wheat graham flour
- **1 ½ teaspoons** baking soda
- **½ teaspoon** ground cinnamon
- **Pinch** ground nutmeg
- **½ teaspoon** kosher salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Preheat the oven to 350 degrees. Combine the butter and sugar in the bowl of a standing mixer fitted with the paddle attachment and beat on medium speed until smooth and creamy, scraping down the sides of the bowl, as needed. Add the egg and mix until combined, followed by the molasses. Add the remaining ingredients and mix until everything is well incorporated.



STEP 2: Drop large teaspoons of dough onto an ungreased cookie sheet about 2 inches apart, transfer to the oven and bake until the edges are just brown, 8 to 12 minutes, rotating the baking sheet halfway through cooking. For crispy cookies, let cool on the sheet. Let the cookie sheet cool completely between batches and repeat with the remaining dough.

Nutrition Facts

Serving Size 1 cookie (16g)
Servings Per Container 48 cookies

Amount Per Serving	
Calories 70	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4