

A *mindful* HOLIDAY

GINGERBREAD COOKIES

Prep Time: 15 mins
Cook Time: 20 mins
Total Time: 35 mins
Servings: 24 cookies

INGREDIENTS

- $\frac{3}{4}$ cup unsalted butter softened
- 1 cup granulated sugar
- 1 large egg
- $\frac{1}{4}$ cup molasses
- 2 $\frac{1}{2}$ cups all-purpose flour
- 2 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon if you like a strong cinnamon flavor, increase to 2 tsp total
- $\frac{1}{2}$ tsp ginger if you like a strong ginger flavor, increase to 1-2 tsp total
- Optional: granulated sugar to roll cookie dough balls in



INSTRUCTIONS

Preheat oven to 350 degrees F.

First, mix together butter and sugar until light and fluffy, approximately 2-3 minutes with an electric mixer.

Next, add egg and molasses and mix well.

In a separate bowl combine flour, baking soda, salt, cinnamon and ginger, stirring to combine.

Add dry ingredients to wet ingredients and mix until well combined.

Form or scoop balls of dough that are slightly smaller than a golf ball. If desired, roll dough balls in granulated sugar after forming. Place them on a baking sheet approximately 2" to 3" apart to allow room for cookies to spread.

Finally, bake for 10-12 minutes, remove from oven and allow cookies to cool on baking for approximately ten minutes, then transfer to a wire rack to finish cooling.

