

# Gingerbread Cookies

*(Makes about 48 cookies)*

The secret of these wonderful, crisp cookies is rolling the dough very, very thin. The easiest way to prepare the dough is with a heavy-duty mixer.

1/2 cup sugar  
1 teaspoon powdered ginger  
1 teaspoon cinnamon  
1-1/2 teaspoons baking soda  
1/4 teaspoon salt  
1/3 cup molasses  
1/3 cup soymilk  
2-1/4 cups whole wheat pastry flour



Mix the sugar, ginger, cinnamon, baking soda, and salt in a large bowl. Add the molasses and soymilk and mix well. Add 1 cup of flour and mix well. Mix in enough of the remaining flour to make a very stiff dough (if mixing by hand, knead the dough to thoroughly mix the flour).

Preheat oven to 275°F. Lightly mist two or three baking sheets with vegetable oil spray, then dust with flour. On a floured surface, roll a portion of the dough with a flour-dusted rolling pin to 1/16-inch thickness. Cut the dough into shapes with a flour-dusted cookie cutters or a flour-dusted knife. Using a metal spatula, carefully transfer the cookies to the baking sheets. Bake until the edges are dry and the centers give just slightly when pressed, about 20 minutes. Allow to cool on a baking sheet for 5 minutes, then transfer with a spatula to a wire rack to cool. Once cooled, store in an airtight container.

Recipe from *Turn Off the Fat Genes* by Neal D. Barnard, M.D.