



# Low FODMAP Spiced Molasses Cookies

Serves: 30

Prep: 1 hour 15 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
¾ cup butter or margarine, melted	185 g	6.5 oz
1 cup white sugar	220 g	7.8 oz
1 egg	58 g	2 oz
¼ cup molasses	80 g	2.8 oz
2 cups gluten free plain flour	300 g	10.6 oz
2 tsp baking powder	10 g	0.4 oz
½ tsp salt	2.5 g	0.1 oz
1 tsp ground cinnamon	5 g	0.2 oz
½ tsp ground nutmeg	2.5 g	0.1 oz
½ tsp ground ginger	2.5 g	0.1 oz

## Method

1. In a large bowl, combine melted butter, sugar and egg and mix until smooth. Stir in molasses, flour, baking powder, salt, cinnamon and all spice and stir until mixture combines into a dough. Cover dough with plastic wrap and refrigerate for at least 1 hour, or until dough is firm.
2. Meanwhile, preheat oven to 180°C/356°F and line a large baking tray with baking paper.
3. Divide dough into 30 walnut sized pieces and roll into balls. Place dough balls on the baking tray ~5cm apart. Do not flatten dough - cookies will spread out as they bake.
4. Bake cookies in oven for ~10 minutes, or until tops of cookies begin to crack. Leave cookies on tray to cool slightly before transferring onto a wire cooling rack.

## Hints

- Check gluten free flour mixes for high FODMAP ingredients such as flours based on legumes or lupin.
- Store cookies in an air-tight container
- For extra crunch, roll balls of dough in sugar before baking

Nutrition Information (per serve)	
Energy	478 Kj / 114 cal
Protein	0.40g
Carbohydrates	17.00g
Sugar	9.10g
Total Fat	5.10g
Saturated Fat	1.00g
Fibre	0.10g