

These cookies are every bit as hearty and spicy as their original counterparts, but the fat and the calories have been reduced.

Diabetic Ginger Cookies

- 3 eggs
- 1 Tbsp. Equal or fructose
- 2 tsp. brown sugar substitute
- 1 cup shortening
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 3 3/4 cups flour
- 1 cup molasses
- 1/2 tsp. allspice
- 1 tsp. ginger
- 2 tsp. baking soda

Cream together shortening and sugars. Add the eggs, molasses and vanilla; stirring well. Add the rest of the ingredients (flour last) mixing well. Drop by spoonful onto a greased cookie sheet. Bake at 350° for 12 minutes.

Be sure not to over bake – cookies will be soft so cool for a few minutes on the baking sheet before moving to a wire rack to cool completely.

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 - [Diabetic](#)
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A range for baking time is often given in recipes to allow for variations in the temperatures in household ovens. Be sure to set the timer for the shorter recommended baking time and test for doneness before there is any chance of overcooking.

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Sympathy occasions are a tough time for anyone. If they've already got too many flowers, try a twist on this popular gift by sending an edible cookie flower bouquet instead. Our gourmet cookies are each 4-5" in diameter, and are baked fresh and decorated by one of our icing artists.

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