Low-Fat Gingerbread Cookies



<http://www.skinnytaste.com/2011/12/low-fat-gingerbread-cookies.html>

**Low-Fat Gingerbread Cookies**  
*Adapted from* [*Low Fat Cooking.com*](http://lowfatcooking.about.com/od/christmas/r/gingermen1204.htm)  
*Skinnytaste.com*  
**Servings:** 48 **• Size:** 1 cookie **• Old Points:** 1 pts **• Points+:** 2 pts (no icing)  
**Calories:** 56.4 **• Fat:** 0.8 g **• Carb:** 12.4 g **• Fiber:** 0.1 g **• Protein:** 0.9 g **• Sugar:** 6 g  
**Sodium:** 30.3 g    
  
**With Icing Per Cookie:**  
**Old Points:** 1 pts **• Points+:** 2 pts   
**Calories:** 66.2 **• Fat:** 0.8 g **• Carb:** 14.9 g **• Fiber:** 0.1 g **• Protein:** 0.9 g **• Sugar:** 8.5 g  
**Sodium:** 30.4 g    
  
Ingredients:

* 3 tbsp unsalted butter, softened
* 3/4 cup firmly packed brown sugar
* 1/2 cup unsweetened applesauce
* 1 egg
* 1/3 cup dark molasses
* 3 cups all-purpose flour plus more for dusting
* 1 tsp baking soda
* 2 tsp ground ginger
* 1 tsp ground cinnamon
* 1/2 tsp allspice
* 1/4 tsp ground cloves

For the Icing:

* 1 1/2 tbsp egg whites
* 1/4 tsp fresh lemon juice
* 1 cup powdered sugar
* pinch of cream of tartar

Directions:  
  
For the cookies:  
  
In a large mixing bowl, **beat** the butter, sugar and applesauce until smooth. **Add** the egg and molasses, **mix** well.

In another large bowl, **combine** flour, baking soda and spices. **Add** to sugar and molasses mixture, stirring well.

**Divide** the dough into two flat balls; **cover** with plastic wrap and **chill** in the refrigerator for at least 2 hours.  
  
**Preheat** oven to 350°F. Generously **dust** the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time, keep the other refrigerated while you do so.

**Roll** the dough out to 1/4 or 1/8-inch thickness, **sprinkle** a little flour on top of the dough if it's a little sticky. **Cut** the gingerbread with a cookie cutter shape of your choice.

**Place** cookies 1 or 2 inches apart on a silpat-lined baking sheet. **Bake** 10-12 minutes.

**For the icing:**  
**Mix** the egg whites with lemon juice. **Combine** with powdered sugar, mixing well. If the icing is too thin, **add** more powdered sugar, if it's too thick **add** a drop of lemon juice. **Add** to a piping bag to decorate cookies when cookies are cooled.

Depending on the size of your cookie cutter, makes about 48 soft cookies.

**Notes from the post:**

I find that refrigerating every step of the way helps a LOT. Keeping the dough as cold as you can have it (without freezing) makes it the easiest to work with and results in nice clean shapes. Mix up the dough, put in the fridge for ten minutes. Roll out each section of dough, put in the fridge for ten minutes. Use the cookie cutters on the rolled dough, put in the fridge for ten minutes. (Preheat the oven at this point.) Pull the uncut dough away from the cookies (instead of the other way around), ball up the leftover dough, put in the fridge for ten minutes. So on, and so on, and so on.

Yes, dough is sticky, and even flour wasn't helping, but I remembered a trick from a fondant decorating class I took and tried using corn starch instead and that did the trick.

Lay the cookies on a baking sheet after they've been iced and put the tray in the freezer for five to ten minutes until the icing is set. Or, if you're not in a rush just leave them on the counter uncovered until the icing is set. (Usually about a half an hour is good). I also find it helps to put a piece of wax paper between the cookies when stacking them.