

Gingerbread People

These soft, chewy cookies are a delicious and healthier version of a traditional holiday treat. The fresh ginger and orange juice gives these cookies a uniquely fresh taste.

Serves 12-15



Ingredients

Cookie Dough

- ¼ cup unsalted butter, softened
- ¼ cup brown sugar
- ¼ cup honey
- ¼ cup molasses
- 1 tablespoon freshly grated ginger
- 2 ½ cups whole wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon sea salt
- ½ cup orange juice
- ½ cup dried cranberries

Frosting

- 6 ounces light cream cheese
- 1/3 cup nonfat Greek vanilla yogurt
- 1 teaspoon vanilla
- 1 teaspoon orange zest
- ½ cup powdered sugar

Nutrition Facts

Serving Size 1 cookie
Servings Per Recipe About 12

Amount Per Serving

Calories 230 **Calories from Fat 45**

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	8%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Sugars 20g	

Protein 5g

Vitamin A 4% • Vitamin C 8%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, blend butter and brown sugar until creamy.
3. Add honey, molasses, and ginger; mix well.
4. In a separate bowl combine flour, baking soda, cinnamon, and salt. Mix well
5. Slowly add dry mixture to wet ingredients.
6. Slowly add orange juice and mix until dough is pliable.
7. Refrigerate for at least an hour.
8. Roll out dough on lightly floured surface, and cut into 12-15 cookies. Place cut dough on lightly greased baking sheet.
9. Bake 8-10 minutes, until cooked through.
10. In a medium sized bowl, mix cream cheese, yogurt, vanilla and orange zest for 30 seconds with a mixer or immersion blender.
11. Slowly add powdered sugar.
12. Chill frosting for at least 30 minutes before spreading onto cookies. Decorate cookies with dried cranberries.

