



**PREPARATION: 10 MINUTES**

**COOKING: 8-10 MINUTES**

**2 1/2 DOZEN COOKIES**

### **Nutrient Analysis**

**PER SERVING** (1 cookie)

**Renal exchange:**

1 Cookie = 1 Starch

Calories	<b>112 kcal</b>
Protein	<b>1g</b>
Carbohydrates	<b>16g</b>
Fiber	<b>0.4g</b>
Total Fat	<b>5g</b>
Saturated Fat	<b>0.7g</b>
Cholesterol	<b>6mg</b>
Sodium	<b>90mg</b>
Potassium	<b>18mg</b>
Phosphorus	<b>13mg</b>

### **SUGGESTION**

*These cookies are very low in phosphorus and potassium: non-diabetic patients can have 2*

# HONEY-GINGER CRACKLES

## INGREDIENTS

***3/4 cup shortening***

***1 cup granulated sugar***

***1 egg***

***1/4 cup honey***

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***2 cups all-purpose flour***

***2 teaspoons baking soda***

***2 1/2 teaspoons ground ginger***

***1 1/4 teaspoons cinnamon***

***1 teaspoon ground cloves***

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***Granulated sugar for coating***

## PREPARATION

- 1** Preheat oven to 325° F (conventional oven)
- 2** Cream together wet ingredients in one bowl.
- 3** Prepare dry ingredients by sifting flour with soda and spices in a second bowl.
- 4** Blend dry ingredients into wet and mix thoroughly yet quickly.
- 5** Drop in heaping tablespoons into granulated sugar, roll into balls and place on greased cookie sheet or on parchment paper, 2 inches apart.
- 6** Bake 8 to 10 minutes in the middle of the oven, remove and cool on tray before transferring to rack.