

snack-sack facts

Snack Facts in a Sack

Blackstrap molasses is a healthy sweetener.

It is also full of minerals and is a source of quick energy.

Some of its nutrients are iron, potassium, and calcium.



Have a dog?
Don't put the chocolate frosting on a dog's cookie.

These are FUN treats for kids.

carol goodrow

Molasses Woolly Bears

Preheat oven to 350 degrees.

Mix:

1/4 c butter

1/4 c sugar

1/2 c blackstrap molasses

1 egg

1 c whole-wheat pastry flour

1 c white flour

1/2 tsp baking soda

1 tsp ginger

pinch of nutmeg

pinch of cinnamon

pinch of allspice

To make the frosting, mix:

2 T butter

2 T cocoa

2 T water

1/2 c powdered sugar

1 tsp vanilla

Spray a baking sheet with non-fat spray.

Take heaping tablespoons of dough and roll into logs.

Flatten slightly.

Bake 12 minutes.

When cool, frost the ends with chocolate frosting.