

Ginger Nuts

4 tbsp margarine
1 1/2 tbsp dark corn syrup
1/2 tsp baking soda dissolved in 1/2 tsp boiling water
2 tbsp brown sugar
1 1/4 cups Wel-Plan Baking Mix
1 tsp ground ginger
Pinch of salt

Sift together dry ingredients. Cream margarine, brown sugar, and corn syrup together. Add baking soda solution. Add sifted dry ingredients. Roll into small balls. Press with a fork. Bake on a greased cookie sheet for 15-20 minutes at 350°. Makes 14 cookies.

Per recipe: 30 mg phe, 0 g protein
Per serving: 2 mg phe, 0 mg protein

