

Gingerbread People

Servings: 60 @ 1 Point

Experiment with the cookie decorations. For example, use 1/8-inch satin ribbons for bow ties, and raisins, cinnamon hearts or silver nonpareils to make eyes

2 3/4 cup(s) cake flour, sifted
1 Tbsp baking powder
1 Tbsp ground cinnamon
1 tsp ground cloves
1 tsp ground ginger
1/2 tsp table salt
1/4 tsp baking soda
1 large egg(s), beaten
1 cup(s) dark brown sugar, firmly packed
3/4 cup(s) molasses, dark
1/4 tsp ground allspice
1/2 cup(s) reduced-calorie margarine, at room temperature

Instructions

In a large bowl, sift together first seven ingredients; set aside. In mixer on medium, beat egg, allspice, brown sugar, molasses and margarine. Add dry ingredients to liquid ingredients, a little at a time, mixing after each addition to form a stiff dough.

Gather dough into 2 equal balls, wrap in plastic wrap and refrigerate until firm, 1 hour.

Heat oven to 375°F. Lightly grease baking sheet(s) with nonstick cooking spray.

Remove 1 ball of dough from refrigerator and roll it out on a lightly floured surface to a 1/3-inch thickness. Cut gingerbread shapes from dough with floured cutters (about 3 inches tall). Decorate as desired with oven-safe decorations.

Transfer cookies to baking sheet(s). Bake until slightly firm, 10 to 12 minutes. Remove to wire rack to cool. Yields 60 cookies. POINTS do not include decorations.