

PREPARATION: 15 MINUTES

COOKING: 8-10 MINUTES

2½ DOZEN COOKIES

HONEY- GINGER CRACKLES



Nutrient Analysis

PER SERVING: 1 Cookie

RENAL EXCHANGE: 1 Starch + 1 Fat

Calories	113 Kcal	Sodium	87 mg
Protein	1 g	Potassium	16 mg
Total Carbohydrate	16 g	Phosphorus	13 mg
Fiber	0 g	Calcium	4 mg
Sugars	9 g	Iron	0 mg
Fat	5 g	Magnesium	3 mg
Saturated	1 g	Vitamin C	0 mg
Cholesterol	6 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

HONEY-GINGER CRACKLES

INGREDIENTS

¾ cup shortening

1 cup granulated sugar

1 egg

¼ cup honey

2 cups all-purpose flour

2 teaspoons baking soda

2½ teaspoons ground ginger

1¼ teaspoons cinnamon

1 teaspoon ground cloves

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 8-10 minutes in the middle of the oven, remove and cool on tray before transferring to rack.

SUGGESTION

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



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