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# OLD FASHIONED GINGERBREAD

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|-----------------|----------------------|
| 1/2 cup         | White sugar          |
| 1/2 cup         | Butter               |
| 1               | Egg                  |
| 1 cup           | Dark molasses        |
| 1/2 cup         | Applesauce           |
| 2 1/2 cups      | All purpose flour    |
| 1 1/2 teaspoons | Baking soda          |
| 2-3 teaspoons   | Ground cinnamon      |
| 2-3 teaspoons   | Ground ginger        |
| 1 teaspoon      | Ground cloves        |
| Dash            | Finely ground pepper |
| 1/2 teaspoon    | Salt                 |
| 1 cup           | Hot water            |

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13" pan.
- In a large bowl, cream together the sugar and butter.
- Beat in the egg and mix in the molasses.
- In a bowl, sift together the flour, baking soda, salt, cinnamon, ginger and cloves.
- Blend into the creamed mixture. Stir in the hot water. Pour into the prepared pan.
- Bake 45 – 50 minutes in the preheated oven, until a knife inserted in the center comes out clean. Allow to cool in pan before serving.

*Per serving:*

*160 Calories*

*5 grams Fat*

*29 grams Total Carbohydrate*

*1 gram Dietary Fiber*

*2 grams of Protein*

*200 mg sodium*