OLD FASHIONED GINGERBREAD

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