



MAMA Super Cookies

Yield 48 Cookies

Ingredients:	Volume:	Wgt:
1. Sugar	1 cup (240cc)	202g
2. Liquid eggs	4 Large eggs (~ 240ml)	226g
3. Oil (E.g.: Canola)	1 ¼ cups (300ml)	270g
4. Molasses	½ cup (120ml)	170g
5. Vanilla	2 teaspoons (10ml)	10g
6. Baking Soda (Sodium Bicarbonate)	1 teaspoon (5cc)	5g
7. Iodized salt	½ teaspoon (2 ½cc)	2.5g
8. Cinnamon	½ teaspoon (2 ½cc)	1.4g
9. <i>Now Lyme</i> Micronutrients™	1 teaspoon-pressed (5cc)	3.33g
10. Flour-All Purpose	3 cups (720cc)	400g
11. Nonfat Instant Dry Milk	4 ¾ cups (1,140cc)	368 g

Add ingredients to mixer in order listed, blending thoroughly after each addition.

After mixing in the last dry ingredient, beat for a few seconds, then let the dough “set” at room temperature for a few minutes. This helps it to become less “sticky” and easier to work with.

Drop by uniform heaping tablespoons (approximately 30cc) onto ungreased sheet. Use of baker’s parchment paper is highly recommended.

Oil the bottom of a round jar or glass to use as a cookie press.

Dip the oiled “press” into granulated sugar.

Press the dough into flat round uniform cookies.

Bake at 350 Fahrenheit (177 Celsius) for 10 minutes Remove from oven and let harden until the cookies can retain their shape while being moved to a cooling rack.

- Four (4) Super Cookies provide 500 calories, 16g protein, & 25g fat
- 45% of calories are from fat
- One (1) Super Cookie supplies 68% RDA of 21 Essential Micronutrients (vitamins and minerals) for a child age 1-3 years old