



Gingerbread Squares

shared by:
Fire Station 65
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Ingredients

1 cup all-purpose flour
1/4 cup whole-wheat pastry flour
1 tablespoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup Splenda sugar blend
1/2 cup low-fat buttermilk
1/4 cup unsweetened applesauce
1/4 cup molasses
1/4 cup canola oil
1 egg, beaten
2 tablespoons finely minced crystallized ginger
1 teaspoon fresh-peeled finely grated ginger
1 1/2 tablespoons powdered sugar

Directions

Preheat oven to 350 degrees. Coat a 9-inch baking pan with cooking spray. In a large bowl, combine the flours, ground ginger, ground cinnamon, ground cloves, baking soda, and salt. In another bowl, combine Splenda with buttermilk, applesauce, molasses, oil, egg, crystallized ginger, and fresh ginger. Slowly stir in the flour mixture and mix to combine with a wire whisk. Pour the batter into the prepared pan and bake for 25 minutes or until a tester comes out clean. Cool in the pan until cool enough to cut without producing crumbs. Sprinkle with powdered sugar and cut into squares.

Serves 16 | Calories: 125 | Protein: 2g | Carbs: 20g | Dietary Fiber: 1g | Sugars: 12 g | Fat: 4g | Sodium: 90mg

*This recipe originated from the American Diabetes Association Comfort Food Cookbook

Station 65 is located in the area known as West Slope . The main response area for this station involves two major highways (26 and 217), both of which carry large volumes of traffic. The light rail line (MAX) for the Oregon Zoo and Barnes Road transit centers and the light rail tunnel are also in their first response area.