

Gingerbread

- Serves 12 2 x2 ½ Inch Pieces Per Serving

Ingredients:

- 2 teaspoons lemon juice or vinegar
- ½ cup skim milk
- 1 egg
- 1 tablespoon brown sugar
- 2 tablespoons brown sugar substitute
- 2 tablespoons molasses
- 1 tablespoon margarine
- 1 cup sifted flour
- ½ teaspoon baking soda
- ¼ teaspoon cinnamon
- 1 ½ teaspoons ginger
- Pinch of cloves



Directions:

In a small bowl, add 2 teaspoons lemon juice or vinegar to ½ cup skim milk to make sour milk. Set aside. Beat eggs with sugar, sugar substitute, and molasses until fluffy. Mix sour milk, margarine, sifted flour, baking soda, and spices together. Add egg and sugar mixture and beat until smooth. Bake in an 8-inch greased pan at 350 °F for 25-30 minutes.

Analysis		Renal & Renal Diabetic Exchanges
Calories 79	Sodium 71 mg	1 Starch
Carbohydrates 12 grams	Potassium 71 mg	
Protein 2 grams	Phosphorus 28 mg	
Fat 2 grams		