

Lesson 1: Glycolytic Gingersnaps

Preheat oven to 350°F (180°C)

3 cups	All-purpose flour	750 mL
2 tsp	baking soda	10 mL
1 tsp	ground ginger	5 mL
1 tsp	ground cinnamon	5 mL
½ tsp	salt	2 mL
½ tsp	ground cloves	2 mL
¾ cup	margarine/shorting	175 mL
1 cup	brown sugar	250 mL
1	egg / egg replacer	
¼ cup	molasses	60 mL
½ cup	maple syrup	125 mL
½ cup	granulated sugar	125 mL

Protocol

1. In a bowl, sift flour together with baking soda, ginger, cinnamon, salt and cloves.
2. In a large bowl, with an electric mixer, beat margarine, brown sugar, white sugar, egg, molasses, and maple syrup until creamy. Stir in flour and spice mixture. For best results, refrigerate for 1 hour.
3. Shape dough in to balls 1.5 inches (3.5 cm) and roll in granulated sugar. Place balls on cookie sheet and bake in preheated oven for 8-10 minutes or until brown.

Lesson 2: Ubiquitin Chocolate Chip Cookies

Preheat oven to 350°F (180°C)

½ cup	butter , Crisco / margarine	120 mL
1 cup	brown sugar	250 mL
¾ cup	cup white sugar	180 mL
2	eggs / egg replacer/1 banana	
1 tsp	vanilla	5 mL
1 cup	all purpose flour	250 mL
1 cup	cake & pastry flour/whole wheat flour	250 mL
1 tsp	baking soda	5 mL
1 tsp	salt	5 mL
1-1½ cup	chocolate chips	

Protocol

- Grease a baking sheet or use a non-stick sheet
- Combine all wet ingredients and let sit for 10 minutes
- Sift and mix all dry ingredients and slowly add to the wet ingredients, stir
- Add chocolate chips
- Bake for 8 – 12 minutes (or till edges are brown)
- Let cool for 5 minutes

Lesson 3: Telomeric Toffee Squares

Short bread crust

1¼ cup	flour	300 mL
¼ cup	sugar	60 mL
½ cup	butter , Crisco / margarine	120 mL

Pack it down in a thin layer and bake at 350 15 to 20 min or until golden. Let cool then got to the next step

The toffee

½ cup	butter , Crisco / margarine	120 mL
½ cup	brown sugar	120 mL
2 tbs	corn syrup	
½ can	condensed milk	

Mix all together and bring to a boil, stir at medium for 5 minutes take off heat and stir in a tsp of vanilla. Spread evenly over the short bread.

The chocolate top

Overlay with chocolate of choice. On a low heat melt in sause pan... pour over the toffee and cool in the fridge.