

Ginger Cookies

Prep Time: 10 minutes

Cook Time: 8-10 minutes

Total Time: 20 minutes

Servings: 16 cookies

Serving Size: 1 cookie

Ingredients:

1 1/2 cups blanched almond flour or almond meal*
2 tablespoons coconut oil, melted
1/4 cup 100% pure maple syrup
1 tablespoon blackstrap molasses
2 teaspoons ground ginger
1/8 teaspoon fine sea salt
1/4 teaspoon baking soda

Optional:

Evaporated cane juice sugar or coconut palm sugar for sprinkling

Directions:

1. Combine oil, maple syrup and blackstrap molasses in a medium bowl and mix to combine well. Then add the dry ingredients and mix until a thick batter is formed.
2. Chill the batter for 20-30 minutes in the fridge.
3. Preheat your oven to 350 degrees and line a baking sheet with parchment paper.
4. Scoop rounded tablespoons of batter onto the baking sheet to make about 16 dough mounds.
5. Use a wet fork to flatten each dough mound, into your desired cookie thickness – I recommend a 1/4 to 1/2 inch thickness.
6. If you'd like a sugar topping, try sprinkling a bit of evaporated cane juice sugar or coconut palm sugar lightly on top of each cookie before placing in the oven.
7. Cook for 8-10 minutes, until the edges are barely firm and the rest of the cookie is very soft. (NOTE: This cooking time will result in a softer, chewier cookie. If you want more of a ginger snap, crunchy cookie, cook for 11-13 minutes.)
8. Allow to cool on baking sheet for 10 minutes before transferring to a wire rack to finish cooling.

Tips and Tricks:

*Either works fine here. Or you can even mix almond meal and almond flour together.

Nutritional Information Per Serving:

Calories: 90.9
Fat: 7.0 g
Cholesterol: 0.0 mg
Sodium: 30.4 mg
Total Carbohydrate: 6.5 g
Dietary Fiber: 1.2 g
Sugars: 3.8 g
Protein: 2.3 g