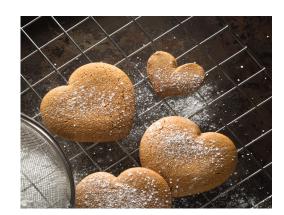
Grain-Free Ginger Heart Cookies

Prep Time: 10 minutes | Cook Time: 10 minutes

Servings: 16 | Serving Size: 1 cookie

This super simple recipe will make the hearts of your loved one's smile! I hope you enjoy these as much as I do!



Ingredients:

- 1 1/2 cups blanched almond flour/almond meal (substitute cassava or tiger nut flour for nut free version)
- 2 generous tablespoons coconut oil, melted
- 1/4 cup 100% pure maple syrup or organic cassava syrup
- 1 tablespoon blackstrap molasses
- 2 teaspoons ground ginger
- 1/8 teaspoon fine sea salt
- 1/4 teaspoon baking soda

Directions:

- 1. Combine oil, maple or cassava 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. Dust your counter or a silicon mat with some flour or even coconut sugar.
- 5. Dump your batter onto the counter/mat, cover it with plastic wrap or parchment and use a roller to help flatten the batter to ¼ thick.
- 6. Use a heart shaped cookie cutter to cut out cookies, then transfer to prepared baking pan. Reuse dough and roll out again, and repeat steps until you've used all your batter.
- 7. If you'd like a sugar topping, try sprinkling a bit of coconut palm sugar lightly on top of each cookie before placing in the oven.
- 8. 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.)
- 9. Allow to cool on baking sheet for 10 minutes before transferring to a wire rack to finish cooling.

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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