

## 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 1/4 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.

### Tips and Tricks:

### 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**