



Soft Chewy Ginger Snap Cookies

Inspired by One Green Planet (Wendy Irene)

<https://www.onegreenplanet.org/vegan-recipe/soft-chewy-gingerbread-cookies/>

The holidays are all about filling our homes with wonderful holiday smells including the warmth of cinnamon, ginger, nutmeg and cloves - some of nature's medicines! These cookies are sweet and savory and amazing to give as gifts...who doesn't want the comfort of a cookie right now. I've made some healthy swaps so you can enjoy them with less guilt :) Cathy

Ingredients

- 2 cups gluten-free all-purpose flour (*I use sprouted organic garbanzo bean flour*)
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon nutmeg, ground
- 1/2 teaspoon cloves, ground
- 1 teaspoon cinnamon, ground
- 1 teaspoon ginger, ground
- 1/4 cup vegan butter or grass fed butter
- 3/4 cup coconut sugar
- 1/4 cup maple syrup
- 1/4 cup almond milk



Preparation

1. In a large bowl, whisk together gluten-free flour, baking soda, baking powder, salt, nutmeg, cloves, cinnamon, and ginger. Set aside.
2. In another large bowl, beat coconut oil and sugar together for 2 minutes.
3. To the oil/sugar mixture, add the maple syrup and almond milk. Continue to mix for 1 minute.
4. Add the dry ingredients, about 1/3 at a time until stiff dough is formed.
5. Make the dough into a disk shape, place in a glass container and refrigerate for 2 hours, or overnight.
6. Preheat oven to 350°F.
7. Line a baking sheet with a silicone baking mat or parchment paper.
8. Using a melon baller or about 1/2-3/4 tablespoon of dough, roll dough into balls of approximately equal size, and slightly flatten into a disk shape. Place onto the baking sheet spaced 2 inches apart.
9. Roll in sugar (optional) and bake for about 10-12 minutes.

