



Chewy Molasses Spelt Cookies

 Vegetarian

READY IN



27 min.

SERVINGS



12

CALORIES



129 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup butter
- 0.3 cup candied ginger diced
- 0.3 teaspoon sea salt fine
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 tablespoon ground flaxseed mixed with 2 tablespoons water
- 1 teaspoon ground ginger

- 2 tablespoons maple syrup pure
- 2 tablespoons blackstrap molasses
- 0.3 cup evaporated cane juice
- 1.3 cups rice flour light
- 0.5 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack

Directions

- Preheat oven to 350F. Line 1 large baking sheet with parchment paper.
- Mix flax and water in a mug and set aside for a few minutes. Stir to combine. In a large bowl, beat together the butter, sugar, molasses, syrup, vanilla, and flax mixture until smooth and combined. In the same bowl, beat in one-by one, the dry ingredients (ginger, cinnamon, soda, salt, cloves, and flour) until just combined. Be sure not to overmix. Fold in diced candied ginger if using (or skip this step). Shape dough into small balls and roll in a bowl of sugar (optional).
- Place balls 2 inches apart on the cookie sheet. Carefully flatten ball slightly with hand so it's about 1/2 inch thick.
- Bake cookies for 12 minutes for a crispier cookie, or 10 minutes for a softer cookie (I did 12). Cool on the pan for 5 minutes before transferring to a cooling rack for another 10–15 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.795217372558%

Nutrients (% of daily need)

Calories: 128.73kcal (6.44%), Fat: 4.39g (6.76%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 18.86g (6.86%), Sugar: 10.9g (12.11%), Cholesterol: 10.17mg (3.39%), Sodium: 127.12mg (5.53%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 1.78g (3.56%), Manganese: 0.23mg (11.53%), Fiber: 1.83g (7.31%), Iron: 0.82mg (4.58%), Vitamin B2: 0.05mg (2.65%), Magnesium: 10.54mg (2.64%), Vitamin A: 118.54IU (2.37%), Potassium: 64.29mg (1.84%), Calcium: 13.68mg (1.37%), Vitamin B6: 0.03mg (1.26%), Selenium: 0.81µg (1.16%), Copper: 0.02mg (1.06%)