



Double Ginger Cookies



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups granulated sugar organic
- ☐ 0.3 cup canola oil organic
- ☐ 0.8 cup candied ginger organic minced
- ☐ 1.5 cups flour organic all-purpose
- ☐ 2 tablespoons ground flaxseed organic
- ☐ 1 teaspoon ground ginger organic

- ☐ 1 tablespoon juice of lemon fresh organic
- ☐ 1 teaspoon lemon zest organic grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup apple sauce unsweetened organic
- ☐ 0.5 teaspoon vanilla extract organic
- ☐ 1.5 cups flour whole wheat organic

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In a large bowl, whisk together the flours, baking powder, bakingsoda, salt, ground ginger, and crystallized ginger.
- ☐ In a separate bowl, combine 1 cup of the sugar and all the remaining ingredients.
- ☐ Stir the two mixtures together until moist and incorporated, shape into a disk, and cover with plastic wrap. Cover and refrigerate for 1 hour, or up to 1 day.
- ☐ Preheat the oven to 350°F.
- ☐ Place the remaining 1/4 cup sugar in a shallow bowl. Use 2 Silpats or lightly grease 2 cookie sheets.
- ☐ Flour your hands and form the dough into 1-inch balls.
- ☐ Roll the dough balls through the sugar, and then flatten them with the greased bottom of a drinking glass or cup.
- ☐ Place the cookies 2 inches apart on the prepared baking sheets.
- ☐ Bake the cookies for 18 minutes, or until slightly browned (they won't get very dark, so be careful not to keep them in too long).

- ☐ Let the cookies cool on the baking sheets for a minute. Then transfer them to wire racks to cool completely.
- ☐ These cookies are vegan, but you'd never know the difference!
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Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:11.63, Inflammation Score:-1, Nutrition Score:3.6165217285895%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 134.76kcal (6.74%), Fat: 2.89g (4.44%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 24.85g (9.03%), Sugar: 14.28g (15.87%), Cholesterol: 0mg (0%), Sodium: 90.31mg (3.93%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.92g (3.85%), Manganese: 0.4mg (20.13%), Selenium: 7.56µg (10.8%), Vitamin B1: 0.11mg (7.34%), Fiber: 1.25g (5.01%), Folate: 18.4µg (4.6%), Vitamin B3: 0.86mg (4.32%), Phosphorus: 43.07mg (4.31%), Iron: 0.72mg (4%), Magnesium: 14.72mg (3.68%), Vitamin B2: 0.06mg (3.28%), Vitamin E: 0.48mg (3.18%), Copper: 0.05mg (2.6%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.28mg (1.88%), Vitamin K: 1.88µg (1.79%), Calcium: 15.59mg (1.56%), Potassium: 46.34mg (1.32%)