



Ginger Cookies- gluten free, soy free, vegan

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



20

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup t brown sugar dark organic
- 0.8 cup coconut oil organic
- 0.3 cup blackstrap molasses organic
- 3 tablespoons apple sauce organic
- 2.8 cups flour gluten free red (I use Bobs Mill All Purpose Blend)
- 1 teaspoon ground cinnamon
- 2 teaspoon ground ginger
- 1 teaspoon ground cloves

- 0.5 teaspoon suya seasoning mix
- 2 teaspoons baking soda

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- baking pan
- hand mixer
- stand mixer
- wax paper

Directions

- Preheat Oven Temperature to 350 degrees F
- Prepare 3 half sheet baking pans lined with parchment paper, set aside.
- In a small shallow bowl add cane sugar for rolling.
- In a small bowl, whisk to combine flour, spices, baking soda, set aside.
- In a stand mixer with a paddle attachment or a bowl using a hand mixer, combine dark brown sugar, coconut oil, molasses, and applesauce. Set on low speed at first to avoid splatter then up to medium speed for 2 minutes, or until fully incorporated.
- Add the flour mixture slowly, only a third of the mixture at a time to ensure proper blend of ingredients.
- Lay out a piece of wax paper or parchment paper, about 1 foot wide to put the rolled cookies before coating with sugar.
- Roll into 1 inch balls with light pressure, like a meatball.
- When all have been made into balls transfer to the bowl with sugar (as many as you can fit at a time) then lightly cover with sugar. Make sure to get all sides. Repeat until all cookie dough

has been shaped.

- Place sugared cookie dough onto baking sheets.
- Press down gently just to dent the top a bit.
- Bake for 9–11 minutes.
- Let cool on the baking sheets for 15 minutes before transferring to a cooling rack to cool completely.
- Can be stored in the refrigerator for a week, or frozen for a month in an airtight container.

Nutrition Facts

 **PROTEIN 5.23%**  **FAT 14.98%**  **CARBS 79.79%**

Properties

Glycemic Index:3.8, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.7678260869565%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 100%, Saltiness: 0.78%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 59.55%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 125.08kcal (6.25%), Fat: 2.22g (3.41%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 24.67g (8.97%), Sugar: 14.61g (16.23%), Cholesterol: 0mg (0%), Sodium: 114.5mg (4.98%), Protein: 1.74g (3.48%), Manganese: 0.22mg (11.12%), Fiber: 1.88g (7.5%), Iron: 0.99mg (5.48%), Calcium: 32.7mg (3.27%), Magnesium: 12.33mg (3.08%), Potassium: 83.44mg (2.38%), Vitamin B6: 0.04mg (1.82%), Selenium: 1.02µg (1.45%), Copper: 0.03mg (1.44%)