



Moroccan Spiced Gingersnaps

 Dairy Free

READY IN



75 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 2 teaspoons baking soda
- 3 teaspoons ras el hanout spice mix
- 0.3 teaspoon salt
- 1 cup brown sugar packed
- 0.8 cup coconut oil melted
- 0.3 cup blackstrap molasses light ()
- 1 eggs

0.3 cup granulated sugar

Equipment

bowl

baking sheet

baking paper

oven

wire rack

hand mixer

Directions

Heat oven to 350°F. Line cookie sheets with cooking parchment paper. In medium bowl, stir flour, baking soda, 2 1/2 teaspoons of the Moroccan spice blend and the salt until well blended. Set aside.

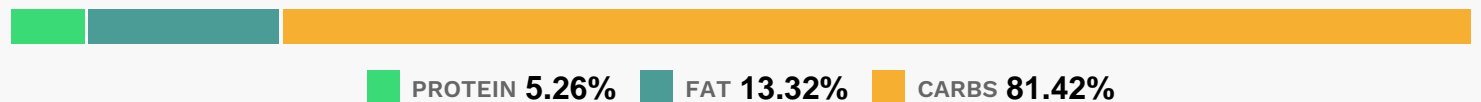
In large bowl, beat brown sugar, coconut oil, molasses and egg with electric mixer on medium speed until well blended. Stir in flour mixture.

In small bowl, mix granulated sugar and remaining 1/2 teaspoon Moroccan spice blend. Shape dough by tablespoonfuls into balls; roll in sugar mixture.

Place balls 3 inches apart on cookie sheets.

Bake 8 to 10 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:6.06, Inflammation Score:-1, Nutrition Score:1.7404347813648%

Nutrients (% of daily need)

Calories: 73.55kcal (3.68%), Fat: 1.11g (1.7%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.94g (5.43%), Sugar: 9.09g (10.11%), Cholesterol: 4.55mg (1.52%), Sodium: 81.47mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Manganese: 0.1mg (5.09%), Selenium: 3.53µg

(5.04%), Vitamin B1: 0.06mg (4.2%), Folate: 15.33µg (3.83%), Iron: 0.6mg (3.34%), Vitamin B2: 0.05mg (2.67%), Vitamin B3: 0.5mg (2.49%), Magnesium: 8.53mg (2.13%), Potassium: 54.47mg (1.56%), Calcium: 14.42mg (1.44%), Copper: 0.03mg (1.38%), Vitamin B6: 0.03mg (1.27%), Phosphorus: 12.07mg (1.21%), Fiber: 0.28g (1.13%), Vitamin K: 1.07µg (1.02%)