



## Moroccan Spiced Gingersnaps

 Dairy Free

READY IN



75 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

### Ingredients

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

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0.3 teaspoon salt

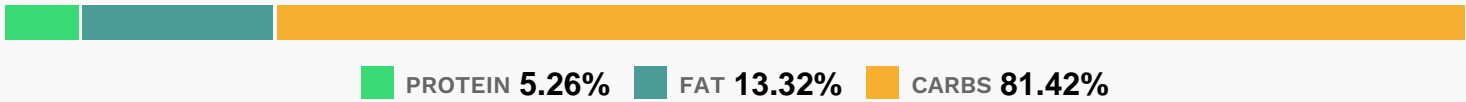
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Heat oven to 350F. 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: Og (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%)