

Healthy Gingerbread Cookies

Utensils and Tools:

Mixing bowl, small to medium
Spoon
Parchment paper or plastic wrap (if cutting out cookies)
Measuring cups: 2/3 cup, ½ cup, ¼ cup
Measuring spoons: ¼ teaspoon, ½ teaspoon, 1 teaspoon, 1 tablespoon
Spray oil
Cookie cutters (optional) or cookie scoop, small

Ingredients:

2/3 cup **Almond Meal/Flour**
½ cup **Flour** (oat, wheat or any kind)
¼ cup **Erythritol, Swerve Brown Sugar**
1 ½ tsp **Ginger**
1 teaspoon **Cinnamon**
A pinch of **Nutmeg**
A pinch of **Ground Cloves**
½ teaspoon **Baking Powder**
¼ teaspoon **Salt**
¼ cup **Molasses**
3 tablespoons **Oil**
1 teaspoon **Vanilla Extract**

Notes and Tips:

When measuring the molasses, spray your ¼ cup measuring cup with spray oil first. This will allow the molasses to easily pour out.

Instructions:

1. Preheat oven to 350 degrees.
2. In a medium size bowl, whisk together the **flours, erythritol, ginger, cinnamon, nutmeg, clove, baking powder** and **salt**. Make sure there aren't any clumps.
3. Make a well in the middle of the dry ingredients. Measure in **oil, molasses** and **vanilla**, stirring to blend all ingredients. Dough will be dark and sticky.
4. Dough is ready to make Ginger Bites or Cutout Cookies. This will make about 28 small balls which can be pressed flat (about ¼") with a small jar to form Ginger Bites or dough can be rolled between two pieces of parchment paper or plastic wrap to about ¼" thick to make cut-out cookies.