

# Ginger Molasses Cookies

HolisticQ signature recipe

Ingredients: All Organic

The special ingredient this week is Molasses. Molasses is very nutritionally dense when it comes to sugars. In addition to this, it offers several vitamins and minerals, such as B-vitamins (niacin or vitamin B-3, vitamin B-6, thiamine, and riboflavin) and essential minerals such as calcium, magnesium, potassium, copper, iron, phosphorus and sodium, to name a few. Oh, and these cookies are the bomb... great dunkers!

Ingredients:

1/2 cup butter (vegan or dairy)

1/2 cup sugar

1 large egg

1/4 cup molasses

1 teaspoon baking powder

1 teaspoon cinnamon

1 teaspoon ginger

1/2 teaspoon nutmeg

1/4 teaspoon salt

1 and 2/3 cups flour (we use spelt)

2/3 cup almond flour

1/3 cup cornstarch (or arrowroot)

- Preheat oven to 375° and line cookie sheet with parchment paper.
- Beat softened butter with sugar until creamy. Add the 1 large egg, and molasses and beat again until well blended.
- Add baking powder, cinnamon, ginger, nutmeg, and salt. Blend.
- Add the flour, almond flour, and cornstarch then mix until well combined. The dough should be thick and moldable, if not then add 1 tablespoon flour at a time until desired consistency. Chill dough for 1 hour in refrigerator.
- Use your hands to make rolled balls (ping pong ball size) and place them on the cookie sheet 2 inches apart. Using a spoon or glass, press each cookie to flatten the ball.
- Bake for 12 minutes. Let cool... and enjoy!