



The Wholeness Chef

Gingerbread Cookies (Gluten free, Vegan)

These are so good! They're gluten free and vegan, but don't worry – you're not going to miss any of those ingredients. They have been tested by my kids and my husband. Everybody absolutely loves them! They remind me of the gingerbread cookies my mom used to make when I was young. Of course, hers had butter and gluten in them – things that I can't eat these days, but I don't miss them anymore now that I have this recipe! So fill the house with that holiday smell, and let's start baking those cookies!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1 1/4 cup Whole Cashews
1/2 cup + 2 tbsp Tapioca Starch
2 tsp Ground Ginger
1 tsp Ground Cinnamon
1/4 tsp Ground Clove
2 tbsp, melted and cooled non hydrogenated Palm Shortening
2 tbsp Blackstrap Molasses
1/4 cup Maple Syrup
1/4 tsp Baking Soda
1 tbsp Coconut Sugar
Pinch of Sea Salt

Directions:

1. Preheat oven to 350°F. Line a baking sheet with a silicon mat or parchment paper.
2. In a food processor, grind cashews to a fine "flour". Add in the rest of the dry ingredients, except coconut sugar, and pulse to incorporate.
3. Add in the wet ingredients and process until dough forms. If too sticky, add an additional tablespoon of tapioca starch.
4. Scoop 1 tablespoon balls and flatten with fingers to desired shape.
5. Sprinkle coconut sugar over cookies.
6. Bake for 12 minutes.
7. Remove from oven and let cool for 10 minutes in tray, then transfer to a wire rack to cool completely.