

Ginger Cookies

(C, (E), G, N, S)

Ingredients

½ cup organic butter
1 cup raw sugar + additional sugar for rolling cookies
*2 eggs (beaten) or 1 large banana (mashed) + 1 tbsp vinegar
3 ½ cups amaranth flour (or other flour of your choice)
1 cup black strap molasses
2 tsp ground ginger
*2 tsp baking soda
1 tsp cinnamon
½ tsp cloves
½ tsp sea salt
Dash nutmeg
1 cup crystallized ginger, finely chopped

Directions

1. Cream together butter and sugar in a large mixing bowl until fluffy
2. Beat in eggs or banana, then beat in molasses
3. In a separate bowl combine all dry ingredients
4. Gradually add dry ingredients to the wet ingredients
 - a. Note: depending on the type of flour used, you may need to add more, a stiff dough is desired
5. Cover and refrigerate dough a minimum of 2 hours
6. Grease cookie sheets and preheat oven to 350°F
7. With floured hands roll dough into 1" balls
8. Gently roll each ball in a small bowl of raw sugar and place on prepared cookie sheet
9. Bake for 10-12minutes. Remove from warm baking sheet and cool on a wire rack
10. Enjoy!

*If using a banana as an egg substitute increase baking soda to 2 ½ tsp

Le Soleil Health and Wholeness

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