

This easy recipe for healthy Ginger Cookies is ready in less than 30 minutes and is going to be your new favorite Christmas dessert! These are gluten-free and Paleo friendly, nicely spiced with ginger, soft and chewy inside, and made healthier with almond flour.

Ingredients:

- 2 $\frac{2}{3}$ cup (286g) blanched almond flour
- $\frac{1}{2}$ cup (68g) unrefined coconut sugar
- 2 teaspoons ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon fine Himalayan salt
- 6 tablespoons (80g) pastured butter, soften, or coconut oil
- 3 tablespoons (57g) raw honey, or maple syrup
- 2 tablespoons (26g) water
- 1 egg, room temperature



Instructions:

1. In a large bowl, mix together with a spatula the almond flour, coconut sugar, ginger, cinnamon, nutmeg, baking soda, and salt.
2. In a separate bowl, whisk together with a handheld mixer or whisk the butter, honey and water. Then whisk in the egg until combined.

3. Using a spatula, mix dry and wet ingredients together. Do not over mix.
4. Cover and freeze dough for 40 minutes to 1 hour or until it's easy to handle.
5. Preheat oven to 350°F, and line a cookie sheet with parchment paper.
6. Roll the chilled dough into balls (about 1 ½ tablespoons per ball), and place each 2-inches apart on the prepared baking sheet. Flatten each cookie with the palm of your hand.
7. Bake for about 10 minutes or until the bottom and edges start to turn brown, then set the baking sheet on a wire rack to cool.

Notes

- For dairy-free substitute the butter with coconut oil or palm shortening.
- Make ahead - make the cookie dough ahead of time and keep it frozen or refrigerated until ready to bake. Allow it to come to room temperature or bake while still chilled.
- Dip and roll the dough balls in a sweet ginger-sugar mixture coating all sides before baking to spice it up and sprinkle extra on top if desired.
- Ginger-sugar mixture: mix together ¼ cup coconut sugar + 1 teaspoons ground ginger + 1 teaspoon ground cinnamon + ½ teaspoon ground nutmeg

Nutrition:

Calories: 122.1kcal Protein: 3.1g Fat: 9.7g Saturated Fat: 2.4g
Sugar: 5.1g Fiber: 1g Carbohydrates: 7.8g Net Carbs: 6.8g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.