

Recipe

{AIP} GINGERY GINGER SNAPS

THE GOODS:

- 1 cup tigernut flour Break up any large clumps.
- 1/4 cup avocado or olive oil
- 1/4 cup maple syrup
- 3 Tablespoons coconut oil, melted and then cooled
- 2 Tablespoons cassava Otto's or Bob's (do not use other brands, as they are too starchy)
- 2 Tablespoons coconut sugar
- 1/2 Tablespoon molasses
- 2 teaspoons gelatin
- 1 teaspoon baking soda
- 1 Tablespoon freshly grated ginger root
- 1/2 teaspoon cinnamon
- 1/4 teaspoon sea salt

THE METHOD:

Preheat oven to 325 degrees Fahrenheit. Line a cookie sheet with parchment paper. Set aside.

In a large mixing bowl, stir together dry ingredients. In 2-cup glass measuring cup or small bowl, combine wet ingredients. Pour wet ingredients into dry ingredients. Combine.

Form into small tight balls and press down gently with a spoon before baking. Bake for 10-12 minutes or until golden brown. Cool and enjoy.

**Recipe inspired by Eat Beautiful*

Boulder Nutrition