

Sweet Little Ginger Snaps

A sweet treat that goes nicely with a hot cup of herbal tea.

Categories

Yields: 10 servings

Preparation time: 15 mins

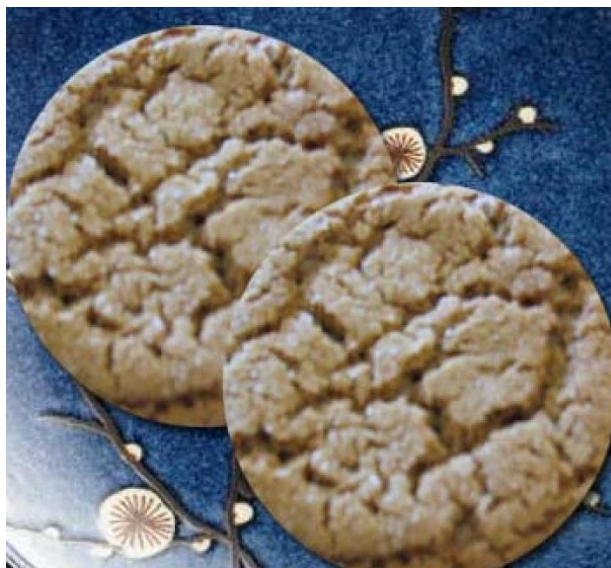
Cooking time: 15 mins

Category: Desserts

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

| | |
|-------------------------|----------------------------------|
| White whole wheat flour | 3 cups |
| Maple syrup | 1 cup |
| Ginger root, raw | 6 tablespoons |
| Baking powder | 1 teaspoon |
| Baking soda | 1 teaspoon |
| Salt, sea salt | 1 dash |
| Molasses, blackstrap | 3 tablespoons |
| Banana, fresh | 1 very small - less than 6" long |
| Cinnamon, ground | 1 teaspoon |
| Cumin, ground | 1 teaspoon |
| Cardamom, ground | 1 teaspoon |

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, stir in all the dry ingredients.
3. Add in the maple syrup, molasses, banana, and ginger.
4. Stir together until all the ingredients are wet. Please don't overdo it.
5. Scoop spoon-sized portions onto a lightly oiled cookie sheet (or use parchment paper instead of oil).
6. Bake for about 12-15 minutes.
7. Let cool.
8. Enjoy.