



Gingerbread Cookies

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 30

PREPARATION: 15 MINUTES

REFRIGERATION: 12 HRS

COOKING: 15 MINUTES

INGREDIENTS

- 235 g (1 2/3 cups) all-purpose flour *"La Merveilleuse"*
- 1 ml (1/4 tsp) baking soda
- 0.5 ml (1/8 tsp) salt
- 2.5 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground ginger
- 4 pinches ground cloves
- 120g (1/3 cup) molasses
- 50 g (1/4 cup) light olive oil
- 1 medium egg (45 g)

PREPARATION

1. In a bowl, combine flour, baking soda, salt and spices. Set aside.
2. In another bowl, combine molasses, oil and egg. Beat vigorously with a whisk.
3. Stir the dry mixture into the liquids and stir well with a wooden spoon.
4. Cover the dough and let stand in the refrigerator for 12 hours.
5. Preheat the oven to 350 °F (180 °C).
6. On a floured surface, roll about 1/4 of the dough at a time (it dough should be very cold), to 5 mm (1/4 inch) thick. Make sure the dough is well floured before rolling and also make sure there is always flour underneath.
7. Cut the cookies with a cookie cutter and place them on a baking sheet lined with parchment paper.
8. Bake on top rack for about 12 to 15 minutes until golden brown.
9. Leave for 1 minute on the baking sheet when out of the oven. Then gently remove the cookies with a spatula and let cool on a wire rack.



A perennial favorite. Children will be happy to get their hands in the dough for the preparation of these cookies, appetizing just to look at! Not to mention, of course, the tantalising smell that floats through the house during baking!

DECORATION

You can use my [vanilla icing](#) recipe to decorate your cookies.

NUTRITION FACTS

Per portion: 110 Calories
2 cookies

Fat: 4 g	6 %
Saturated 0,5 g	
Trans 0 g	3 %
Polyunsaturated: 0,7 g	
Omega-6: 0,4 g	
Omega-3: 0,2 g	
Monounsaturated: 2,5 g	
Cholesterol: 10 mg	
Sodium: 60 mg	3 %
Carbohydrate: 18 g	6 %
Fibres: 1 g	4 %
Sugars: 5 g	
Protéines: 1 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	2 %
Iron	6 %
Magnesium	10 %
Manganese	25 %
Vitamin B6	6 %