

# Ginger nut cookies



60g coconut oil, melted  
70g maple syrup, honey or agave nectar

1 tsp vanilla extract  
50g crunchy peanut butter (or use nut butter of your choice)

1 egg  
200g plain flour (use gluten-free flour if preferred)

2 tsps ground ginger  
1 tsp ground cinnamon  
a pinch of ground nutmeg  
a small pinch of baking soda  
a pinch of sea salt

**MAKES 8 COOKIES**



PER COOKIE:  
232 Calories  
27g Carbs  
4g Protein  
12g Fat

Preheat oven to 180°C / 370°F. Line two large baking trays with greaseproof paper.

Place the oil and maple syrup in a large bowl and whisk briefly using an electric hand blender.

Add the remaining ingredients and mix well to form a thick paste. If the mixture is too crumbly, add a splash of cold water. Taste the mixture and add more sweetener if required.

Place 4 spoonfuls of the mixture onto each tray. Shape into discs and flatten to around 1cm thickness.

Bake in the oven for 20-25 minutes or until golden. Transfer to a wire rack to cool.

*Store any leftovers in an airtight container for up to 3 days.*

