

PAR'S MAGICALLY MOLASSES COOKIES



INGREDIENTS

- 1 ½ cups almond flour
- ¼ teaspoon sea salt
- ¼ teaspoon baking soda
- 1 teaspoon ginger
- ½ teaspoon cinnamon
- ¼ cup coconut oil
- ¼ cup maple syrup

This recipe is gluten free, dairy free, vegan, egg free and refined sugar free.

DIRECTIONS

1. Combine dry ingredients in a large bowl.
2. Stir together wet ingredients in a smaller bowl.
3. Mix wet ingredients into dry ingredients.
4. Scoop batter onto parchment paper-lined baking sheet, 1 tablespoon at a time and gently press.
5. Bake at 350° for 6-10 minutes.
6. Cool and serve

Makes about 12 cookies.

Recipe from Pauline (Par) Maracle

Maple syrup is a significant ingredient in this recipe. Maples trees were of particular importance to the Algonquian tribes who developed the art of processing maple sap into maple sugar, maple syrup, and taffy candy. Maple sap was often considered a gift from the Creator and some traditions revolve around maple sugaring. The Rocky Mountain Maple is considered one of the sacred Life Medicines of the Navajo tribe who use bark from Maple trees as a medicine herb.

"Create love in the kitchen, enter with a good mind, happy heart and clean hands!"

Aunty Kate