

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Paleo-Style Ginger Shortbread Cookies

From www.elanaspantry.com

Nothing says Christmas like Ginger Shortbread Cookies. This recipe is as quick and easy as it gets. The cookie itself has only six ingredients. You can dip these gluten-free cookies in chocolate and sprinkles, or eat them as is. Ginger is not only a fantastic flavor, it is an extraordinary herb that we use for holidays like Thanksgiving and Christmas. Ginger has (among its many amazing benefits) warming properties. Given that the Thanksgiving and Christmas holidays fall during some of the chilliest times of year, an herb that warms your constitution is not only delicious, it is functional.

Makes 12 cookies

1/2 cups blanched almond flour
1/4 teaspoon sea salt
1/4 teaspoon baking soda
1 tablespoon ground ginger
2 tablespoons vegan shortening
3 tablespoons honey
2 ounces chocolate chunks
1 package sprinkles (You can get sprinkles colored with all-natural plant dyes at Whole Foods.)

1. In a food processor combine almond flour and salt. Pulse in baking soda and ginger. Pulse in shortening and honey until dough forms.
2. Scoop batter 1 tablespoon at a time onto a parchment paper lined baking sheet and flatten dough with the palm of your hand. Cut out (or trim) circles of dough with a 2-inch cookie cutter.
3. Bake at 350° for 7-10 minutes until golden brown. Let cool on the baking sheets.
4. Melt chocolate over very low heat. Dip each ginger snap halfway into the chocolate and let excess chocolate drip off into pan. Cover with sprinkles if desired. Place cookies on baking sheet and let chocolate harden. Serve.