

gingerbread cookies

INGREDIENTS

- 3 c whole wheat flour
- 2 tsp ground ginger
- 2 tsp cinnamon
- 3/4 tsp cloves
- 1/2 tsp black pepper
- 1/2 tsp baking soda
- 1/4 tsp baking powder
- 1/2 c coconut oil
- 1/2 c molasses
- 1/2 c coconut sugar
- 1 large egg



DIRECTIONS

1. In a medium mixing bowl, combine flour, ginger, cinnamon, salt, cloves, pepper, baking soda and baking powder; whisk until blended
2. In small bowl, combine coconut oil and molasses and whisk until combined
3. Add the coconut sugar and whisk until blended
4. Add egg and whisk until mixture is thoroughly blended
5. Pour liquid mixture into the dry and mix until combined
6. Divide the dough in half
7. Shape each half into a round disk about 1 inch thick
8. Wrap in plastic wrap
9. Place in refrigerator and chill until cold - about 1 hour
10. Preheat oven to 350 degrees
11. Use cooking cutters to cut out shapes
12. Decorate with icing

LITTLE HELPERS

1. Provide your child a 'grocery list' to go shopping in the pantry; gathering materials provides opportunity to follow a plan, carry ingredients providing input to muscles and joints which is regulating to their body, and foster independence
2. Mix to provide heavy work
3. Decorate