



Nadia's
Healthy Kitchen

Healthy Gluten-free Gingerbread Men



Christmas is almost here!

What better way to celebrate it than with some delicious, healthy gingerbread men cookies?

Usually making cookies that are both healthy and crunchy is a challenge, but these cookies tick both boxes! Both kids and adults alike will enjoy these gingerbread men cookies.

To make these cookies **gluten-free**, I used a mixture of gluten-free oat flour and gluten-free plain flour. If you can't find oat flour you can make your own by blending up plain oats in a food processor until you have a fine flour consistency.

I used a mixture of coconut sugar and date syrup to sweeten the cookies. Date syrup has a similar taste and texture to molasses, so it works really well in this recipe. If you can't get hold of any, feel free to use molasses or golden syrup.

These cookies are also **vegan** and **dairy free** 😊

Love,

Nadia x





Ingredients

- ✓ 1 cup gluten-free oat flour
- ✓ $\frac{3}{4}$ cup gluten-free plain flour
(I used Dove's farm gluten-free plain white flour)
- ✓ $\frac{1}{4}$ coconut sugar
- ✓ $\frac{1}{4}$ cup date syrup (you can use molasses or golden syrup)
- ✓ 2 tsp ginger
- ✓ 2 tsp cinnamon
- ✓ $\frac{1}{4}$ tsp nutmeg
- ✓ $\frac{1}{4}$ tsp cloves
- ✓ $\frac{1}{4}$ tsp salt
- ✓ 1 tsp baking powder
- ✓ $\frac{1}{4}$ cup coconut oil or butter, melted
- ✓ 3 tbsp milk



Directions

1. Preheat your oven to 180°C (160°C fan assisted)/ 350°F.
2. Line 2 baking sheets with parchment paper.
3. In a large bowl, mix together the oat flour, plain flour, coconut sugar, baking powder, salt and spices.
4. In a separate bowl, add in the melted coconut oil, milk and date syrup. Give everything a good mix.
5. Pour the wet mixture into the bowl of dry ingredients. Mix well.
6. Wrap up the dough in cling film and chill in the fridge for 30-60 minutes.
7. Take the dough out and place it on a lightly floured worktop. Roll out to a thickness of about 1/4 inch.
8. Use a gingerbread man cutter to cut out the cookies. The number of cookies really does depend on the size of your cookie cutter.
9. The baking time also depends on the size of your cookies. I would suggest baking for 10 minutes then keep checking every couple of minutes from there onwards. What you're looking for is golden brown edges. Keep in mind that the cookies will become crunchier once they've cooled down so don't leave them in too long unless you want super crunchy cookies. I like my gingerbread men crunchy so I baked them for 15 minutes 😊
10. For the icing, all I did was mix 3 tbsp stevia with a few drops of water until I had a paste consistency, and then I drew on the faces using a toothpick!



Let me know how it goes!

I always love to hear from people who have tried my recipes, so please don't be a stranger and get in touch.



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