

GF Ginger Cookies

Christie's Corner blog

GEMS flour formula from Gluten Free Girl website



Servings: 52

1. Preheat oven to 325°. Lightly grease two baking sheets or line with silpats.
2. Combine ingredients for GEMS flour, stir well and set aside. In a small bowl combine the ground ginger, baking soda, cinnamon, xanthan gum and salt and stir to blend. Set aside.
3. In mixing bowl, cream butter and sugar until smooth. Add egg, molasses, fresh ginger and vanilla and beat until blended.
4. Add 4 cups of the GEMS flour mixture (there will be a little bit left over) and mix well. Stir in crystallized ginger.
5. Use some of the GEMS flour on your hands, and shape dough into 1-inch balls, roll in granulated sugar and place 2 inches apart on baking sheet.
6. Bake 12 to 15 minutes until cookies are golden brown. Cool in pans for about 10 minutes, then remove cookies to a rack.

"GEMS" FLOUR MIXTURE:

2 3/4 cups brown rice flour

2/3 cup sweet white sorghum flour

1/3 cup gluten-free oat flour

3 tablespoons bean flour, [we used garbanzo bean flour]

COOKIES:

1 1/2 teaspoons ground ginger

1 1/2 teaspoons baking soda

2 teaspoons ground cinnamon

1 teaspoon xanthan gum, or guar gum

1/2 teaspoon salt

1 cup unsalted butter, softened

1 cup brown sugar, plus 2 tablespoons (original recipe called for 1 1/3 cups)

2 large eggs

1/2 cup molasses

1 tablespoon fresh ginger, finely grated

1 teaspoon vanilla extract

2/3 cup crystallized ginger, minced

granulated sugar for rolling dough balls

Per Serving (excluding unknown items): 91 Calories; 4g Fat (38.6% calories from fat); 1g Protein; 13g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>