

Home-baked Ginger Cookies

Ingredients:

- 1½ cup coarsely ground almonds (badam)
- 4 tbsp of sattv flour
- 15 dates (khajur)
- 1 banana
- 6 to 8 tbsp of ethically sourced A2 milk, coconut milk, or almond milk (preferably homemade)
- ½ tbsp of ground ginger (adrak)
- 2 tsp of Srilankan cinnamon (dalchini) powder
- 1 tsp of pure vanilla extract

Method:

1. Preheat the oven to 180 – 250 degrees Celsius.
2. Blend banana, dates, A2 milk or coconut milk, cinnamon powder, ground ginger, and vanilla extract.
3. Mix until smooth, using a food processor or a blender.
4. Add ground almond and sattv. Mix until all ingredients are well combined.
5. Use a cookie cutter and make any desired shape or simply make tiny balls or flat circles out of it.
6. Prepare a baking tray and grease it with a few drops of A2 ghee.
7. Spread the cookies.
8. Bake for about 10 – 15 minutes. The cookies will be soft and slightly golden at the bottom.
9. Leave the cookies to cool on the baking tray.
10. Once cooled, they will harden.
11. Store in airtight containers.

These cookies stay fresh for 4 to 5 days.

Notes:

- These cookies can be enjoyed by kids as well as senior citizens.
- Ginger and cinnamon spice mix adds antioxidants and anti-inflammatory properties.
- These are perfect spices for keeping us warm through the winter season too.
- Almond flour is nut flour, which is free from gluten and consists of ground and blanched almonds. It is rich in vitamin E, a key vitamin for skin and eye health.
- These cookies are also great for nausea or morning sickness.
- Explore baking with kids by getting them involved in it. It is the best way for kids to learn nutrition.
- Let them shape and cut the cookies as per their desire.
- Dates add iron to the cookies. Make sure you soak them in hot water, if they are hard.
- Enjoy, relish, and let the goodness of the cookies rich in nutrients sink in this festive season.

