No Bake Gingerbread Cookies

Ingredients:

- 1/2 cup Buckwheat Groats
 1/2 cup Almonds
 1/2 cup Rolled Oats
 1 T Cinnamon
 1/2 t Ginger
 1/2 t Nutmeg
 1/2 t Cloves
- 1/4 t Sea Salt 1 T Molasses 1.5 c Dates, pitted 1 t Vanilla



<u>Directions</u>: Pulse buckwheat, almonds and oats in food processor or high speed blender until fine crumbs/flour is formed. Add remaining ingredients and blend until 'dough' holds together and forms a ball. Roll mixture into small balls or roll out onto counter and cut into shapes with cookie cutter. Store in refrigerator up to 1 week.

**Notes*: If 'dough' is not coming together add another date or two, if it is too sticky add a bit more 'flour.'



Recipe by: Beth Michaels, RD, CDE

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| 1/2 cup Almonds | | a ha ha |
| 1/2 cup Rolled Oats | 1/4 t Sea Salt | |
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HPC

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1/4 t Sea Salt

1 T Molasses

1 t Vanilla

1.5 c Dates, pitted

CERFIC Christopher Rural Health Planning Corporation

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| Nutrition Information per serving (1 'cookie' or ball; Yield 20): | Standard Gingerbread Cookie | Nutrition Information per serving (1 'cookie' or ball; Yield 20): | Standard Gingerbread Cookie |
|---|-----------------------------|---|-----------------------------|
| Calories: 70 | 200 Calories | Calories: 70 | 200 Calories |
| Fat: 1.5 grams | 8 g Fat | Fat: 1.5 grams | 8 g Fat |
| Protein: 1.5 grams | 2 g Protein | Protein: 1.5 grams | 2 g Protein |
| Carbohydrates: 15 grams | 29 g Carbs | Carbohydrates: 15 grams | 29 g Carbs |
| Fiber: 2 gram | 1 g Fiber | Fiber: 2 gram | 1 g Fiber |
| Sodium: 25 g | 270 mg Sodium | Sodium: 25 g | 270 mg Sodium |

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