

# No Bake Gingerbread Cookies

## Ingredients:

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



Directions: 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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