

FiveMonstersPaleo

Paleo Gingerbread Cookies



Prep time ~40 min

Cook time ~36 min (9 min/sheet)

Servings

Special tools needed **electric mixer, silicone mats or parchment paper, rolling pin, baking sheets**

Notes: I used organic dark brown sugar in the development of this recipe. I am personally okay with it from a paleo standpoint, but feel free to try coconut sugar in its place if you are more comfortable with that!

Ingredients

For the Cookies:

- ¼ cup coconut oil
- ¼ cup palm shortening
- ¼ cup molasses
- ⅓ cup dark brown sugar (see note)
- 4 drops orange oil or the zest of 1 orange
- ¼ tsp almond extract
- 1 T powdered ginger
- 2 tsp ground cinnamon
- ½ tsp cardamom
- ¼ tsp ground cloves
- ½ tsp fine salt
- 1 egg
- 2 cups cassava flour

For the royal icing:

- 3 large egg whites
- ⅛ tsp cream of tartar
- 3 cups powdered sugar (I use organic)
- Pinch fine salt
- ¼ tsp almond extract
- ¼ tsp vanilla extract
- 2 drops orange oil (optional)

Preparation

1. **Preheat oven to 350 degrees F.**, and place a rack in the middle position of the oven.

2. **Place the first 11 ingredients (coconut oil-salt)** in the bowl of an electric mixer, and beat on medium speed till creamy.
3. **Add the egg** and beat on medium speed till well-incorporated, scraping down sides and bottom of the bowl if needed.
4. **Add the cassava flour** and mix on the lowest speed till no more dry flour is visible and the dough has come together.
5. **Turn the dough out onto a silicone mat** or piece of parchment paper that will fit on your baking sheet. Pat the dough into a rectangle and roll out to about a ¼-inch thickness. I like to cover the dough with another piece of parchment paper so it won't stick to my rolling pin, but that is up to you.
6. **Use cookie cutters** to cut out your desired shapes, leaving enough space between shapes to easily remove the excess dough from them.
7. **Remove the excess dough**, leaving the cutouts in place. Transfer the silicone mat or parchment with the cutouts directly to a baking sheet and bake at 350 degrees F for 9 minutes.
8. **Reroll the dough scraps** and repeat steps 5-7 till dough is all gone. Cool cookies completely before icing.

Make the icing:

1. **Place the egg whites** and cream of tartar in the bowl of an electric mixer and beat till very foamy. With the mixer off, add the remaining ingredients and beat on low speed to incorporate. Then increase speed to medium and beat till thick and very thoroughly incorporated.

2. **Transfer icing to a piping bag** fitted with an appropriate tip, or do what I do and divide the icing among a bunch of small zip-top bags with a tiny tip snipped off so each kid can decorate their own plate of cookies. The icing will harden after about 30 minutes, but it will stay soft in a tightly sealed bag and can be made ahead and kept in the fridge--just let it warm up a few minutes before using.