

Yield: About 3 dozen

- • • • •
- 3 cups spelt flour
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 1/2 cup canola oil
- 1/2 cup molasses
- 1/4 cup honey
- 2 tablespoons grated fresh ginger

Ginger Lover's Cookies

Spelt flour adds nutty goodness to these cookies.

- 1.** Preheat oven to 375°F. Lightly oil a cookie sheet and set aside.
- 2.** Combine the flour, cinnamon, and salt in a large mixing bowl and set aside.
- 3.** Place the oil, molasses, honey, and ginger in a blender. (If the ginger is too fibrous, gather it in your hands, squeeze the juice into the blender, and then discard the grated fibers.) Add to the flour mixture and stir to form a moist dough.
- 4.** Knead the dough for a minute, then shape into walnut-sized balls. Place on the cookie sheet about 3/4-inch apart. Flatten gently with a fork.
- 5.** Bake 15 minutes, or until lightly browned. Remove from the oven, and cool at least 10 minutes before serving.

Yield: About 3 dozen

- • • • •
- 3 cups teff flour
- 2/3 cup canola oil
- 2/3 cup honey
- 2 tablespoons grated fresh ginger
- 1 tablespoon baking powder
- 1 tablespoon arrowroot powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt

Honey Ginger Cookies

Honey and teff have starring roles in these gingery treats.

- 1.** Preheat oven to 375°F. Lightly oil a cookie sheet and set aside.
- 2.** Place all the ingredients in a large mixing bowl. (If the grated ginger is too fibrous, gather it in your hands, squeeze the juice into bowl, and discard the fibers.) Stir to form a moist dough.
- 3.** Knead the dough, then shape into walnut-sized balls. Place on the cookie sheet about 3/4-inch apart. Flatten gently with a fork.
- 4.** Bake 15 minutes, or until they lose their shine. Remove from the oven, and cool at least 10 minutes before serving.