

GINGERBREAD MAMAS

From the Kitchen of: Hannah Hotchkiss, Member, A2 Vegans



Preparation Time: 10 minutes | **Cook Time:** 10 minutes | **Yield:** 1 dozen

Common Allergens: Wheat

These Gingerbread “Mamas” are a favorite dessert of the Ann Arbor based social group, A2 Vegans. The A2Vegans meet each month for a plant-based potluck at the First Unitarian Universalist Congregation of Ann Arbor. The A2 Vegans are “dedicated to promoting a planet, animal, and health-friendly way of eating.”

INGREDIENTS:

- 1 cup plus 2 Tablespoons whole wheat pastry flour (gluten free)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 teaspoons ground ginger
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/4 cup unsweetened applesauce
- 1/3 cup 100% pure maple syrup
- 2 Tablespoons molasses
- 1 teaspoon vanilla extract
- 1 Tablespoon granulated sweetener, plus more as needed

INSTRUCTIONS:

- Preheat the oven to 350 °F. Line a baking sheet with parchment paper or a silicone baking sheet.
- In a mixing bowl, sift together the flour, baking soda, salt, ginger, cinnamon, and cloves. Make a well in the center of the mixture and add the applesauce, maple syrup, molasses, and vanilla. Mix the dough well.
- Using a spoon or cookie scoop, drop 12 large tablespoons of dough onto the prepared baking sheet, about 2 inches apart. Sprinkle pinches of granulated sweetener on top of each cookie.
- Bake for 8 to 10 minutes or until the tops are slightly crackly and puffed up. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a cooling rack to cool completely.
- Serve and enjoy!

MORE PLANT-BASED BAKING SWAPS:

Instead of dairy milk: Try plant-based milks, like almond, soy, oat, or coconut milk. Heavy cream can be replaced with full-fat coconut milk or cashew cream.

Instead of butter: Try using vegan butter products or oils, like coconut oil.

Instead of eggs: Try ground flaxseeds, chia seeds, silken tofu, applesauce, mashed banana, vinegar and baking soda, vegan yogurt, chickpea liquid (aquafaba), nut butters, or sweet potato puree.

Other plant-based pantry staples: Vegan sweeteners (like coconut sugar, maple syrup, date sugar, or agave), non-dairy yogurt, vinegar, flours, nut butters, full-fat coconut milk