

# Cardamom Spiced Ginger Cookies

Cardamom Spiced Ginger Cookies made in one bowl, ready in under an hour. Grain, dairy, and nut free and go perfectly with your afternoon cup of tea!

By Sarah Nevins

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*Soft and chewy cardamom spiced ginger cookies. Made in one bowl and ready in under an hour, these spiced cookies are grain, dairy, and nut free.*





If I had a life motto, it would probably be something as simple as: bake cookies.

Bored? *Bake cookies.*

Sad? *Bake cookies.*


Celebrating? *Bake cookies.*

Last minute gift? *Bake cookies.*

When I lived at home with my parents, I used to always bake cookies with my little brothers whenever it came time to babysitting. It got to the point where my little brother, Matthew who was about 5 or 6 at the cookie baking peak, would ask my parents to go run errands just so that we would bake cookies.

I'd divide up the tasks and eggs (because cracking the eggs is the most fun part) between both my younger brothers, Matthew and Michael, and put them to work. Despite their constant brotherly bickering, it was a time when both little boys put aside their differences to work together for the greater good: cookies.






The great thing about baking cookies, is that there are always ways to make it new with different flavors, add ins, toppings, whatever. I've already shared [a grain free ginger cookie](#) on my site, but these ginger cookies are a whole new kind of delicious. I based this recipe off of [Caroline's Paleo Gingersnap cookies](#) making a few slight changes here and there until I ended up with these cardamom spiced ginger cookies.

I won't be offended if you are after a more traditional ginger snap and jump on over to try Caroline's recipe because they are really amazing. They aren't just good grain free cookies – they are just good plain and simple. However, if you're open to trying something new please do stick around because these cardamom spiced ginger cookies really are something special. If chai spiced cookies and traditional gingerbread got together and had delicious cookie babies, these are the cookies that would result from it. Because I reduced the amount of coconut sugar and cut out the maple syrup completely these don't have that traditional snap that gingersnap cookies usually have. Instead they have more of that melt-in-your-mouth kind of cookie characteristic which is always welcome.





Only a few weeks left now until I get to fly to Arizona and spend Thanksgiving with my family. I'm looking forward to getting to bake again with my younger brothers – I don't think I can still call Michael my *little* brother seeing as how he's way taller than me. If he's not already 6 ft he will be soon – and by the way he's only 13. At least I'm still taller than Matthew. He's been thinking up recipes and planning baking itinerary's for the past several months. I should probably go make more of that [spicy sweet potato and kale salad](#) now and save room for all upcoming cookies.

What's your favorite Christmas cookie? Any recommendations for me to pass along to Matthew?

## Ingredients

- 1/2 cup | 108 grams coconut oil, melted
- 3/4 cup | 135 grams coconut sugar
- 1 egg
- 1 teaspoon blackstrap molasses
- 1 teaspoon pure vanilla extract
- 1 1/2 cup | 170 grams tapioca flour
- 3 tablespoon | 21 grams coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon fine grain sea salt
- 1 tablespoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon ground cardamom\*
- 3 tablespoon raw cane sugar for rolling the cookies, (optional)

**Need help converting to weights?** Check out my cups to grams [Conversion Guide](#).

## Instructions

1. In medium sized mixing bowl, whisk together the dry ingredients: tapioca flour, coconut flour, baking soda, ginger, cinnamon, cardamom and salt. Set aside.
2. In a large mixing bowl, mix together the melted coconut oil and coconut sugar until combined. Mix in the egg, molasses, and vanilla extract.

3. Add about 1/3 of the flour mixture into the sugar mixture and mix until mostly combined. Repeat this process until the dry ingredients are fully combined with the wet ingredients. In the end you should have a thick, soft dough that's slightly sticky.
4. Scoop out the dough about 2 tablespoons worth at a time (about 40 grams) and roll into little cookie dough balls. Place the balls back into the mixing bowl, cover and chill in the refrigerator for 30 minutes.
5. Preheat your oven to 325°F/160°C. Line or grease a couple of baking sheets with baking paper.
6. **Optional:** Add the cane sugar to a small bowl or plate then roll the cookie dough ball in the sugar.
7. Place the dough on the prepared baking sheets. Leave at least 2 inches on all sides so that the cookies have room for spreading. Press the dough down gently then bake for 8-10 minutes. Less time in the oven will result in a chewier cookie, more time will make for a crispier cookie. They should be a golden brown color when you take them out of the oven.
8. Allow the cookies to rest on the baking sheet for a couple of minutes then carefully transfer to a wire cooling rack. Enjoy!

## Notes

- Pre ground cardamom is best, but you can use cardamom pods in needed. You'll need about 5 pods. Gently bash the pods to open up, remove the seeds and grind them up as best you can in a mortar and pestle.
- Chilling the dough before baking helps keep the cookies from spreading too much in the oven.

## Nutrition Information

Yield: 10

### Serving Size:

g Calories: 224 Saturated Fat: 9g Cholesterol: 17mg Sodium: 173mg Carbohydrates: 30g Sugar: 10g

This website provides approximate nutrition information for convenience and as a courtesy only. Nutrition data is gathered primarily from the USDA Food Composition Database, whenever available, or otherwise other online calculators.

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**Course:** Gluten Free Cookies **Cuisine:** Indian