



Chewy Molasses Cookies Vegan

Molasses is rich in iron – more iron for fewer calories than meat. It is also rich in vitamin c, calcium, potassium, manganese, copper and magnesium. It is a very dark brown thick liquid – buy it in a jar from health food shops and some supermarkets. These molasses recipes are delicious anytime – particularly during pregnancy, breastfeeding and for growing toddlers and children. Make one of these recipes as a present for a new mum.



- 150g wholemeal spelt flour
- $\frac{3}{4}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon bicarbonate of soda
- 50g unrefined caster sugar
- 80g blackstrap molasses
- 56g olive oil
- 1 tablespoon ground linseeds (flaxseed)
- 2.5 tablespoons warm water

Preheat the oven to 170°C / 150°C Fan / Gas Mark 3 / 325°F and line two baking trays with baking paper (I use the re-usable liners from Lakeland). Mix together the flour, ginger, cinnamon, salt, bicarbonate of soda in a bowl. In another mix the sugar, molasses and olive oil. Prepare a replacement egg by whisking together the ground flaxseed and warm water. Add this to the sugar mixture and stir until well combined. Add in the dry ingredients and stir gently until well combined. Scoop onto prepared baking trays. I use a 2tbsp/30ml ice cream scoop for this. They spread a bit so allow space between (8 per sheet). Bake for 14 minutes. Leave to cool for about 10 minutes on the trays before transferring them to cooling racks.