



trifit

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Raw Gingerbread Men

These delicious treats can be enjoyed at a holiday party or as a sweet snack option.

INGREDIENTS

1 cup (250mL) + ¼ cup (60mL) Medjool dates, pitted
1 cup (250mL) almonds
½ tsp (2.5mL) ground ginger
½ tsp (2.5mL) cinnamon
¼ tsp (1.25mL) nutmeg
¼ tsp (1.25mL) vanilla extract
1/8 tsp (0.5mL) cloves

DIRECTIONS

Remove the pits from the dates and combine all spices and almonds in a food processor and blend until finely chopped. Next add the dates and vanilla extract until well combined. Transfer the ball of dough onto a piece of parchment or wax paper, cover with another sheet of parchment paper, and flatten to 1/4 inch thickness with a rolling pin. Remove top layer of parchment paper and cut into gingerbread men and other holiday shapes using cookie cutters. Continue balling up the dough, rolling it out and cutting into gingerbread men until dough is used up.

If you do not have cookie cutters you can roll the dough into 1 Tbsp sized balls and enjoy them as gingerbread bites.

Nutrition Info: n/a

Source: <http://rabbitfoodformybunnyteeth.com/raw-gingerbread-men>