



PEA SNAPS... Back to school with gluten-free Peasnappy Gingersnap Cookies ...

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The kids are heading back to school and the nights are drawing in... time to start baking! There's nothing like homemade cookies as a bedtime snack, or as a recess treat the following day at school. And of course, there are always the memories that last a lifetime. Both my sister Trudy and I found ourselves baking this week - our Mom would be proud!

Thanks to Trudy and her son Geoff, we are featuring **Peasnappy Gingersnap Cookies**. Based on a Betty Crocker recipe, she has substituted the wheat flour with BEST Whole Yellow Pea Flour, increasing the protein, dietary fibre, and micronutrients. Baking with [BEST Whole Yellow Pea Flour](#), [BEST Green Split Pea Flour](#), [BEST Chickpea Flour](#) or [BEST Pea Fibre](#) is a helpful way of improving the nutritional profile of traditional recipes while maintaining taste and texture.

As [Carol Fenster](#) wrote in the [Pulse Canada](#) recipe booklet [Pulses and the Gluten-free Diet](#), be sure NOT to pack the pea flour - it needs to be measured while sitting lightly in the cup.



Peasnappy Gingersnap Cookies

1 cup packed brown sugar
3/4 cup butter
1/4 cup dark molasses
1 egg
2 1/4 cup BEST Whole Yellow Pea Flour
2 tsp baking soda
1 tsp gr cinnamon
1 tsp gr ginger
1/2 tsp gr cloves
white granulated sugar



Mix the brown sugar, butter, molasses and egg. Stir in the BEST Whole Yellow Pea Flour, baking soda and spices. Refrigerate for an hour. Heat oven to 375°F. Grease a cookie sheet lightly. Shape dough by rounded teaspoons into balls, then dip one side of the ball in granulated sugar. Place sugar side up on the cookie sheet. Place about 3" apart. There is no need to press down the balls - they magically flatten down on their own. Bake 8-9 minutes until set. The heat of the oven improves the taste of the cookies - a little longer is better. Number of cookies depends on the size - you'll get about 60 with the size shown in the picture.

Thank you to those of you who visited us at the [Toronto Vegetarian Food Fair](#). It was wonderful to hear that many of you look forward to receiving new recipes in Pea Snaps. It was also great to reconnect in person with Marni Wasserman, creator of the [Pea-licious Muffins](#). We are looking forward to attending [Natural Products Expo East](#) next week, and the [Boston Vegetarian Food Festival](#) the 29th and 30th of October. Please continue to send recipes and questions. Future treats will include Apple Betty, Rice Crispy Squares and Chocolate Mud Pie - all gluten-free and extra nutritious!

Wishing you joyful baking!

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