

Low-FODMAP Gingerbread Cookies



These low-FODMAP gingerbread cookies bring all the comfort of the holidays without the digestive discomfort. Perfect for fans of spicy flavors, they combine cinnamon, ginger, and a touch of molasses for a rich, satisfying taste. Easy to make, they're ideal for serving with hot tea or topping your dessert platters. A great way to treat yourself while taking care of your well-being!

Preparation 20 min

Cooking 15 min

Waiting 60 min

Servings 20

Nutrition Facts (per serving)

Calories 90

Fat 3

Carbohydrates 15

Fibre 0.5

Protein 1

Sodium 30

Ingredients

- 500 mL (2 cups) gluten-free all-purpose flour*
- 7.5 mL (½ tbsp) ground cinnamon
- 7.5 mL (½ tbsp) ground ginger

- 1 mL (¼ tsp) ground cloves
- 1 mL (¼ tsp) salt
- 1 large egg
- 125 mL (½ cup) maple syrup
- 60 mL (¼ cup) vegetable oil
- 7.5 mL (½ tbsp) vanilla extract

Preparation

1. In a large bowl, combine the dry ingredients. In another bowl, whisk the wet ingredients until the texture is smooth.
2. Gradually incorporate the dry ingredients into the wet ingredients, mixing until the dough is uniform.
3. Shape the dough into a ball, wrap it in plastic wrap, and refrigerate for 1 hour.
4. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
5. Roll the dough between two sheets of parchment paper to an even thickness (about 3–4 mm).
6. Cut out cookies using a cookie cutter of your choice. Repeat with leftover dough scraps.
7. Bake for 12–15 minutes, until the cookies are lightly golden.
8. Let the cookies cool completely on a wire rack before decorating as creatively as you wish.

Notes

Keeps for 7 to 10 days at room temperature in an airtight container, up to 4 weeks in the refrigerator or 6 months in the freezer, always in an airtight container.

*You can use regular all-purpose flour, but the cookies will no longer be low in FODMAP.

You can also replace the spices with 15 ml (1 tbsp) of a gingerbread spice mix or 4 spices.



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