

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Gingerbread Breakfast Cookies with Chocolate Eggnog Glaze

Sarah Hayes

Healthy ingredients make these a great option for a decadent breakfast!

INGREDIENTS

- 1 flax egg
- ¼ cup unsweetened apple sauce
- 2 Tbsp pure maple syrup
- 2 Tbsp molasses
- 1 tsp pure vanilla extract
- **DRY INGREDIENTS:**
- 1 ¼ cup old fashioned rolled oats (gluten free if necessary)
- ¾ cup baking flour (I used Ryze gluten free flour)
- ½ cup dried fruit (I used raisins and unsweetened coconut flakes)
- ½ tsp baking powder
- ¾ tsp gingerbread spice
- ¼ tsp cinnamon
- **CHOCOLATE EGGNOG GLAZE:**
- 2 – 3 Tbsp dairy free chocolate chips
- 1 Tbsp unsweetened vanilla almond milk (or favorite dairy free milk)
- pinch of nutmeg and cinnamon
- a few drops of rum extract



INSTRUCTIONS

1. Preheat oven to 350 degrees and line a large rimmed baking pan with parchment paper.
2. Mix together your flax egg first, and let it sit while you put together your other ingredients.
3. In a small bowl, combine all your remaining wet ingredients.
4. On another bowl, combine all your dry ingredients.
5. Add flax egg to your wet ingredients and stir well.
6. Add wet ingredients to dry ingredients and stir until well mixed.
7. Drop by heaping spoonful onto parchment lined baking pan.
8. Bake for 15 – 20 minutes.
9. While baking, combine your chocolate glaze. In small microwave bowl, melt chocolate chips in 15 seconds intervals until smooth. Stir in remaining ingredients. For a thicker glaze, add more chocolate chips. For a thinner glaze, use more almond milk.
10. Remove breakfast cookies from oven, drizzle glaze on immediately.
11. Cool on wire rack, store in airtight container.



Sarah Hayes —

Sarah is a health and fitness enthusiast at badtothebowl.com. Her aim is to encourage her family to eat clean and local, trying new, healthy foods; and, hopefully, inspiring other families to do the same.

Website: www.badtothebowl.com

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