

Flapjacks - English Ginger Cookies (Low FODMAP)



These cookies are super easy to make and perfect for satisfying your sweet tooth. When the ginger is exposed to heat, its pungent taste softens, giving way to gentle hints of vanilla. This gives it a sweeter, more aromatic flavor.

Preparation 10 min

Cooking 25 min

Portion 6

Nutrition Facts (per serving)

Calories 220 kcal

Fat 9 g

Carbohydrates 29 g

Fibre 3 g

Protein 4 g

Sodium 30 mg

Ingredients

- 60 ml (1/4 cup) sugar
- 45 ml (3 tbsp) canola oil
- 15 ml (1 tbsp) freshly grated ginger or ¼ tsp of ginger powder (see note)
- 500 ml (2 cups) quick-cooking rolled oats
- 60 ml (¼ cup) lactose-free milk
- 5 ml (1 tsp) vanilla extract
- Pinch of salt

Note: If you use ginger powder, the taste and texture will vary slightly.

For a gluten-free recipe, make sure to choose certified gluten-free oats.

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking pan about 23 cm x 15 cm (9" x 6") with parchment paper.
2. Place oil and sugar in a small saucepan and cook over medium heat for 5 minutes or until sugar caramelizes.
3. Remove from heat and let cool for 5 minutes. Add ginger and stir to lightly toast.
4. Add remaining ingredients and mix again.
5. Transfer mixture to baking dish and spread evenly, pressing firmly with a spatula.
6. Bake for 20 minutes or until edges are lightly browned.
7. Remove from the oven and let cool for about 10 minutes before cutting into 6 equal pieces.



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