



Makes one 3-quart dish
Cook Time: 1 hours

INGREDIENTS:

3 cups spelt flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground allspice
½ teaspoon ground nutmeg
½ teaspoon ground cloves
½ teaspoon salt
1 cup maple syrup
½ cup applesauce
¾ cup molasses
2 tablespoons white vinegar

Pioneer Gingerbread

As a child, I was a big fan of Laura Ingalls Wilder's *Little House on the Prairie* series, and some of my favorites parts of those books are the descriptions of what they ate. Almanzo's childhood culinary recollections in *Farmer Boy* are particularly vivid. It sort of sounds like a nonstop year-long dinner party! A few years ago I was fortunate to come across on the internet a letter that Laura, at that time in her 80s, sent to a friend in 1953, enclosing her recipe for gingerbread. It's been a labor of love to create a healthier version of this pioneer treat that still does justice to the original flavor, but leaves out the eggs and lard.

From *A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body*

By Micaela Karlsen, PhD, MSPH

- 1** Preheat oven to 375°F. Line a 3-quart rectangular baking dish with parchment paper. In a medium bowl whisk together the first nine ingredients (through salt).
- 2** In a large bowl stir together the remaining ingredients. Add 1 cup boiling water; stir to combine. Slowly add flour mixture while stirring just until combined. (The batter will be quite thin.) Pour batter into prepared dish.
- 3** Bake 35 minutes, or until a toothpick inserted in center comes out clean. Cool in dish 20 minutes. Remove gingerbread from dish. Cool completely on a wire rack.