

Gingerbread Bars with Kefir Frosting

Molasses gives these bars their rich flavor. Molasses is a rich source of nutrients, and it contains a number of essential minerals, such as calcium, magnesium, manganese, potassium, copper, iron, phosphorous, chromium, cobalt, and sodium. Blackstrap molasses is the type of molasses I use since it has a low glycemic index. This means the glucose and carbohydrates are metabolized slowly, demanding less insulin production and stabilizing blood sugar.



Ingredients:

- 1/2 cup coconut oil melted
- 3/4 cup coconut sugar
- 1/3 cup blackstrap molasses
- 1 tsp vanilla
- 1 egg
- 2 tsp baking soda
- 2 cups sprouted whole wheat flour
- 1 tbsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp celtic sea salt

Kefir frosting

- 225 g (8 ounces) cream
- cheese
- ½ cup kefir cheese
- 2 tbsp honey
- 1 tsp vanilla

Gingerbread Bars recipe

Preheat oven to 175 °C (350 °F). Grease a 9×13 inches baking pan. In a large bowl, whisk together coconut oil, coconut sugar, molasses, and vanilla. Add the egg and whisk until combined. Add baking soda, sprouted flour, cinnamon, nutmeg, ginger, and salt. Mix until well combined. Spread dough evenly into the greased pan. Bake for 15-20 minutes. (Do not overcook). Remove from oven and allow to cool completely. Top with kefir frosting.

Whisk softened cream cheese, kefir cheese, honey, and vanilla together. Once the gingerbread bars are cool, you may spread your frosting on the top. Garnish with sprinkles. Cut into squares and serve.

See more recipes [here](#).

Products used to prepare this recipe:



[Cheese Maker](#)

[Buy on Kefirko.com](#)



[Sea Salt](#)

[Buy on Kefirko.com](#)