

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Gingerbread men

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### Ingredients:

#### *Men:*

50g unsalted butter  
¾ cup of brown sugar  
100ml maple syrup  
3 tsp ground ginger  
2 tsp cinnamon  
¼ tsp ground cloves  
1 tsp vanilla extract  
4 cups oat flour (you could use buckwheat or plain GF baking flour)  
2 flat tsp baking powder  
Pinch of sea salt  
3 free range eggs  
30ml milk (use milk of your choice)

*Decoration:* Use icing sugar or white chocolate to decorate

Prep: 15 mins

Cook: 15 mins

Makes: 18 small men

### Directions:

1. Place butter, maple syrup, vanilla, sugar and spices in a saucepan. Heat, stirring continuously, until gently simmering. Remove from heat and leave to cool.
  2. Place flour, baking soda and salt into a mixing bowl. Stir until evenly combined.
  3. Add the cooled liquid to the flour mix and stir well to mix through. You can use an electric mixer at this stage.
  4. Add the eggs and stir well until the mixture forms soft dough.
  5. Place in the refrigerator for at least two hours to firm and rest.
  6. Preheat the oven to 160 degrees c. Grease and line 2 large baking trays.
  7. Roll out the dough on a floured surface to 1cm thick. Cut out gingerbread men and place gently on the baking trays. Using a chop stick make indentations for the eyes and mouth.
  8. Brush the gingerbread men with milk.
  9. Bake in the oven for approx. 15 minutes. Leave to cool.
  10. Decoration, get as creative as you wish with white icing or white chocolate. You could add currants before cooking if you do not want to use icing or simply leave plain. The choice is yours!
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