

Gingerbread People



Ingredients

200g (8oz) plain flour
75g (3oz) brown sugar
50g (2oz) butter or margarine
1x15ml spoon (1 Tablespoon)
golden syrup
½x5ml spoon (½ teaspoon)
bicarbonate of soda
1x5ml spoon (1 teaspoon)
ground ginger

1 egg
glace cherries/currants to decorate

Equipment

Baking tray, pastry brush, mixing bowl, small saucepan, wooden spoon, fork, rolling pin, biscuit cutters and wire rack.

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Sieve the flour into a mixing bowl. Add all the other dry ingredients.
3. Beat the egg in a small bowl.
4. Gently melt the margarine and sugar together in a saucepan. Do not allow to boil.
5. Add the butter or margarine, syrup and the beaten egg to the flour mixture. Mix to form soft dough. Allow the mixture to cool.
6. Roll out the dough to ½cm thick on a floured surface.
7. Cut into gingerbread person shapes and carefully place on the baking tray.
8. Decorate with currants or cherries.
9. Bake for 8-10 minutes. Carefully remove from the tray and allow to cool thoroughly on a wire rack.

Nutrition Information

Gingerbread people	per 100g	per recipe	per portion (1 person)
Energy (kJ)	1535	6355	794
Energy (kcal)	367	1519	190
Protein (g)	6.3	26.0	3.3
Fat (g)	11.9	49.1	6.1
of which saturates (g)	0.5	2.1	0.3
Carbohydrate (g)	62.7	259.4	32.4
of which sugars (g)	25.7	106.2	13.3
Fibre (g)	1.6	6.5	0.8
Sodium (mg)	391	1619	202
Salt (g)	1.0	4.0	0.5

Notes

Key Messages

Healthy eating

- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute which is suitable for baking (or use half and half).

Money

- A big bag of economy flour can be kept in a cool dry cupboard and be used for other recipes.

Food safety

- Make sure the surface is clean before rolling out the dough.
- Take care when removing hot items from the oven and always use oven gloves.