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## Gingerbread men



Preparation time

**30 mins to 1 hour**

Cooking time

**10 to 30 mins**

Serves

Dietary

**Makes 20**

This easy recipe for gingerbread men is great for baking with children, and it makes a lovely homemade Christmas present.

Each serving provides 161 kcal, 2g protein, 25g carbohydrates (of which 11.5g sugars), 6g fat (of which 3.5g saturates), 0.7g fibre and 0.3g salt.

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### Ingredients

350g/12oz plain flour, plus extra for rolling out

1 tsp bicarbonate of soda

2 tsp ground ginger

1 tsp ground cinnamon

125g/4½oz butter

175g/6oz light soft brown sugar

1 free-range egg

4 tbsp golden syrup

## To decorate

writing icing (optional)

cake decorations (optional)

## Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
5. Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.

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