

Gingerbread



Ingredients

- 2 cups self-raising flour
- 1/2 cup brown sugar
- 1/2 cup golden or maple syrup
- 1/2 cup coconut oil
- 1 tbsp ginger
- 1 tbsp cinnamon
- 1 tsp cloves
- 1 tsp nutmeg
- 1/2 tsp black pepper

Method

1. Preheat oven to 180C / 350F.
2. Squidge together coconut oil and sugar, then stir in syrup.
3. Mix flour and spices.
4. Combine wet and dry ingredients into a dough.
5. Roll out to 1/2cm - 3/4cm thick and cut into shapes.
6. Bake 8 minutes.
7. Remove from oven and allow to cool on tray before transferring.

Variation: Gluten-Free

Substitute self-raising flour for 3 cups of almond meal, and bake for 12 minutes.

Notes

Makes approximately 30.

Revision #8

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