

Gingerbread Men

Hands On Time: 20 minutes

Total Time: 3 hours and 45 minutes



Look at these delicious Gingerbread Men!

Perfect for the upcoming holiday season. You can decorate them with your children and they make wonderful gifts.

Enjoy!

INGREDIENTS:

Gingerbread:

- 2 cups of almond flour
- 3 tablespoons of Sukrin coconut flour
- 1 teaspoon of xanthan gum
- 1 teaspoon of baking powder
- 1 Tablespoon of powdered ginger
- 3 teaspoons of cinnamon
- ½ teaspoon of nutmeg
- ¼ teaspoon of cardamom
- ½ teaspoon of salt
- ¾ cup of butter
- ¾ cup of Sukrin Gold
- 1 tablespoon of molasses (can be omitted, but really does help with that golden colour and rich flavour)
- 1 tablespoon of nut milk

Royal Icing:

- 1 egg white
- 1 cup of Sukrin Icing
- ¼ teaspoon of lemon juice

METHOD:

Mix all of the dry ingredients, except the Sukrin Gold, into a large mixing bowl.

Cream the butter and sweetener until light and fluffy and then add the molasses and mix through.

Add the dry ingredients and beat on low until a soft dough forms, adding 1 teaspoon of nut milk at a time to help.

Tip out onto a sheet of clingwrap and shape into a thick disc.

Refrigerate for three hours.

Pre-heat oven to 350° F

Remove dough from fridge and divide into three or four sections. Working on one at a time and storing the remainder in the fridge, roll out between two sheets of silicone paper until about 5mm thick.

This dough can become quite soft, but if that happens just return it to the fridge to firm up.

Cut biscuits out using your choice of designs.

Bake for between 10 and 15 minutes, depending on the size of the biscuits.

Set on to cooling racks until cool.

Repeat with remaining dough.

Note: If the dough starts to feel a bit soft and difficult to handle, just pop it back in the fridge for five minutes or so.

To make the icing:

Sift Sukrin Icing into a mixing bowl and add the egg white and lemon juice.

Mix on low until combined then beat until smooth.

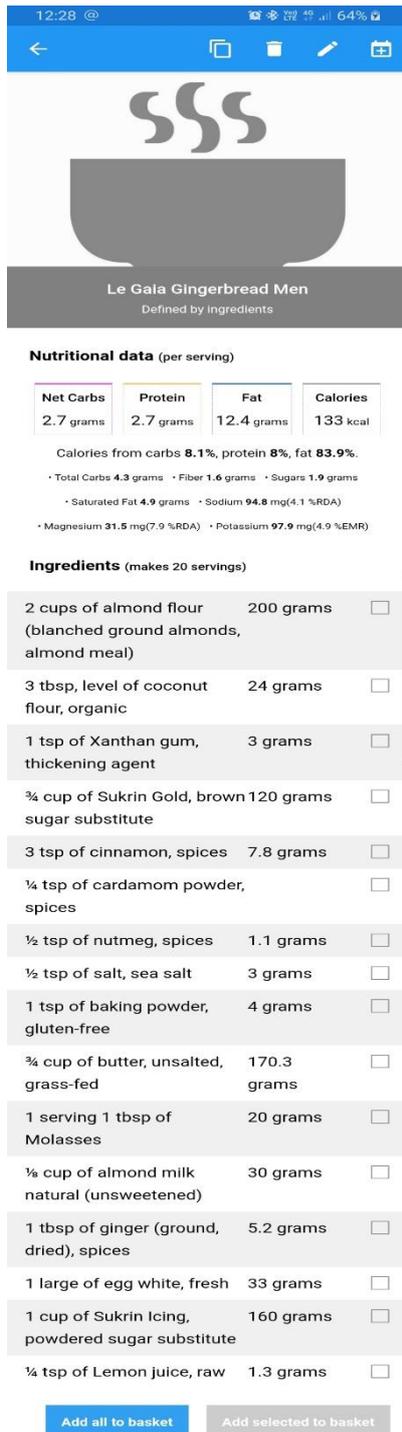
To test your consistency, do an eight second test: trace a pattern in the top of the icing with a knife and then count down the seconds until it disappears back into the surface. Eight seconds will give you perfect piping consistency.

If you need it thinner, add a very small amount of water at a time.

Set aside to harden at room temperature.

Store in a covered container, for up to five days.

NUTRITIONAL INFORMATION:



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Le Gala Gingerbread Men
Defined by ingredients

Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
2.7 grams	2.7 grams	12.4 grams	133 kcal

Calories from carbs **8.1%**, protein **8%**, fat **83.9%**.

• Total Carbs 4.3 grams • Fiber 1.6 grams • Sugars 1.9 grams
• Saturated Fat 4.9 grams • Sodium 94.8 mg(4.1 %RDA)
• Magnesium 31.5 mg(7.9 %RDA) • Potassium 97.9 mg(4.9 %EMR)

Ingredients (makes 20 servings)

2 cups of almond flour (blanched ground almonds, almond meal)	200 grams	<input type="checkbox"/>
3 tbsp, level of coconut flour, organic	24 grams	<input type="checkbox"/>
1 tsp of Xanthan gum, thickening agent	3 grams	<input type="checkbox"/>
¾ cup of Sukrin Gold, brown sugar substitute	120 grams	<input type="checkbox"/>
3 tsp of cinnamon, spices	7.8 grams	<input type="checkbox"/>
¼ tsp of cardamom powder, spices		<input type="checkbox"/>
½ tsp of nutmeg, spices	1.1 grams	<input type="checkbox"/>
½ tsp of salt, sea salt	3 grams	<input type="checkbox"/>
1 tsp of baking powder, gluten-free	4 grams	<input type="checkbox"/>
¾ cup of butter, unsalted, grass-fed	170.3 grams	<input type="checkbox"/>
1 serving 1 tbsp of Molasses	20 grams	<input type="checkbox"/>
¾ cup of almond milk natural (unsweetened)	30 grams	<input type="checkbox"/>
1 tbsp of ginger (ground, dried), spices	5.2 grams	<input type="checkbox"/>
1 large of egg white, fresh	33 grams	<input type="checkbox"/>
1 cup of Sukrin Icing, powdered sugar substitute	160 grams	<input type="checkbox"/>
¼ tsp of Lemon juice, raw	1.3 grams	<input type="checkbox"/>

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