ST HELENS WELLBEING

Yummy Gifts



Gingerbread gifts for family & friends!

Ingredients:

- 350g/12oz plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/41/20z butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp. golden syrup



Method:

- Sift together the flour, bicarbonate of soda, ginger and cinnamon in a bowl. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
- Lightly beat the egg and golden syrup together, add to bowl and mix until it clumps together. Knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
- Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.
- Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread shapes and place on the baking tray, leaving a gap between them.
- 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 cool. When cooled decorate with the writing icing and cake decorations.

Recipe Courtesy of BBC Food