

Gingerbread men

Make time: 15 minutes

Chill time: 2 hours

Cook time: 10 minutes

Makes: 22 small gingerbread men

Ingredients

1 tbsp ground flaxseed + 3 tbsp water
1/3 cup maple syrup
4 tbsp almond butter
100mL coconut oil, softened (but not melted!)
2 tsp ground ginger
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp Himalayan salt
1/2 tsp baking soda
50g almond meal
45g oat flour
105g buckwheat flour
1 tbsp arrowroot

The How To

To begin, prepare the "flax egg" by stirring together the ground flaxseed and water and placing it in the fridge to set.

Meanwhile, place the coconut oil, almond butter, maple syrup, spices, salt and baking soda in a mixing bowl and beat with a handheld electric whisk until well combined (if you don't have one, use an egg-beater or whisk the mixture very thoroughly).

Stir the set flax egg through the almond butter mixture before folding in the arrowroot and almond, oat and buckwheat flours.

Wrap the dough in cling film and refrigerate for at least 2 hours.

Preheat the oven to 180°C. Roll out the dough between 2 pieces of baking paper to about 1/2 cm thick. Cut out gingerbread men shapes with a cookie cutter and transfer them with a spatula to baking trays lined with non-stick paper, leaving about an inch between each cookie. Place the trays in the freezer for 5 minutes to set the cookie shapes and prevent spreading.

Bake for 10 minutes. Remove from oven and allow to sit and firm up on the trays for 5-10 minutes before transferring to a cooling rack. Decorate as you wish and devour!

RECIPE NOTES

Cooking time may be longer if you use a large cookie cutter (mine was mini) - adjust accordingly.

NUTRITION

This recipe contains so many wonderful ingredients, I don't know where to start! Not only do almond meal and butter add tenderness to these gingerbread men, they also add a good dose of vitamin E, a nutrient I like to call the beauty nutrient due to its antioxidant properties that protect against free radical damage. Maple syrup is a natural, appropriately Christmas-sy sweetener that, unlike regular sugar, provides trace