

# Gingerbread men for kids!



## For the kids

Please wash your hands

Put the flour, butter, ground ginger and bicarbonate of soda in a mixing bowl. Mix it all together with fingertips until crumbly. Add sugar, syrup and egg, mix until it forms a firm dough mix.

Using a rolling pin, roll out the dough to about 5mm thick. Make sure the surface of the rolling pin is well dusted with flour. Cut out the shapes with the help of an adult.

Place the cut out dough on a greased or non-stick baking tray.

When your gingerbread men are cooked place on to a cooling rack for 1/2 hour.

Find some things to decorate your gingerbread men with, you could use raisins, chocolate chips, sweets or edible silver balls.

Use a little bit of icing to stick your decorations on to your gingerbread men.

We hope you enjoy your gingerbread men!

## For the Adults

Pre-heat oven to 180°C / Gas Mark 4

Firstly you will need to measure out all the ingredients or double check your child's measures are correct before starting

Either use a knife or a gingerbread man dough cutter

Put the baking trays in to the pre-heated oven or assist your child to do so. Remove after 15 minutes (check after 10 minutes).



## What you need...

350g / 12oz plain flour  
175g / 6oz light soft brown sugar  
100g / 4oz butter  
1 large free range egg  
4 tablespoons of golden syrup  
1 teaspoon bicarbonate of soda  
1 teaspoon of ground ginger

Preparation time: 30 mins  
Cooking time: 15 mins  
Difficulty: Easy!  
servings: 10 gingerbread men

