

Recipe of the Month

Gingerbread Stars

Ingredients **

- 250g wholemeal (or spelt) flour
- 2 tsp ground ginger
- 50g coconut sugar (or light brown sugar)
- 100g maple syrup (or honey)
- 50g butter
- 1 tsp bicarbonate of soda
- 1 medium egg, beaten
- 150g icing sugar
- 2 tbsp warm water
- metallic edible balls

Preparation time: 30 mins

Cook time: 10 mins

Makes 35–40 cookies



Method

1. Mix the flour and ginger together in a large bowl.

2. Place the coconut sugar, maple syrup and butter in a small saucepan and cook over a medium heat for a couple of minutes until the butter has melted and the sugar has dissolved. Remove from the heat and stir in the bicarbonate of soda.

3. Add the sugar mixture to the flour mixture and stir. Add the egg and mix well until you get a dough like consistency. Wrap the dough in cling film and chill for 15-20 minutes.
4. Preheat the oven to 160c. Line three baking trays with baking paper and remove the dough from the fridge.
5. Dust the work surface with a little flour and roll out the dough to approximately 3mm thickness. If the dough is too sticky sprinkle it with a little flour.
6. Using a star cookie cutter, cut out the shape of the cookies and place each on the baking trays leaving about 2cm between each cookie.
7. Bake in the oven for 10 minutes until the cookies are lightly browned. Transfer to a wire rack to cool.
8. Make the icing by mixing the icing sugar with the warm water. Spoon into an icing bag (or just use a sandwich bag and snip the end off!). Pipe the icing onto each cookie. You might find it easier to pipe the outline of the star shape first and then fill in the centre. Add a metallic edible ball to each edge of the star. Allow the icing to set before serving.

**Wholemeal spelt flour, compared to normal wheat flour, is higher in a range of nutrients. You can also substitute sugar with coconut sugar and swap golden syrup for maple syrup to also add more nutrients. So, whilst these cookies are still a treat, at least they are marginally more healthy and contain more nutrients!

This recipe makes up to 40 cookies but if you don't want to make that many you can split the dough and freeze half for another time. To use, simply defrost in the fridge overnight.