

SAMSSites Recipes

Gingerbread Men

Me and the Internet

I like to make recipes without white sugar and white flour. Often it means taking existing recipes and adjusting them.

- 3 cups of Whole Wheat Flour (I used 1 1/2 c of oat flour and 1 1/2 c of Whole Wheat)
- 1 ts baking soda
- 2 ts of Ginger
- 1/2 ts of Alspice
- 3/4 c of butter (1 and a half sticks)
- 1/2 c of honey
- 1/4 c of Molasses (pref. Blackstrap)
- 1 egg

Mix flour, baking soda and spices. Blend butter, honey, and molasses together. Beat in egg. Gently mix in dry ingredients. Wrap dough in wax or plastic wrap and chill for a few hours. Preheat oven 350 degrees. Break off dough roll out and cut shapes or men. Place on an oiled baking sheet. Bake from 6 - 10 minutes.

