



## Coffee lover's kit



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



74 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 tsp bicarbonate of soda
- ☐ 100 g muscovado sugar dark
- ☐ 3 balls stem ginger finely chopped
- ☐ 4 tbsp golden syrup
- ☐ 25 servings tin of ground coffee
- ☐ 2 tsp ground ginger
- ☐ 2 espresso cups
- ☐ 140 g butter unsalted

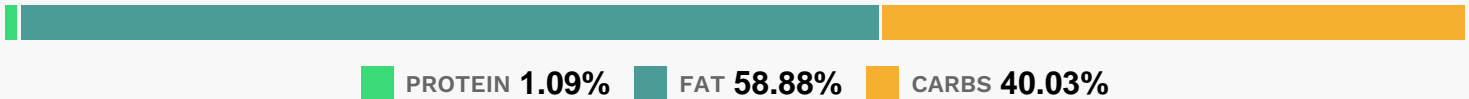
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

# Directions

- ☐ Heat oven to 170C/150C fan/gas 3-4. Line 2 baking trays with baking parchment. Melt butter, sugar and syrup in a pan, stirring until the sugar melts. Take off the heat. Sieve the flour, bicarb and ground ginger into a bowl, pour in the wet ingredients and add the stem ginger. Stir to make a stiff dough.
- ☐ Roll the warm dough out on a surface dusted with flour until about ½cm thick. Stamp out biscuits using a cutter, lift onto the baking trays and cook for 10mins or until golden. Cool completely, then lift off parchment. These will keep for up to 2 weeks in an airtight container. Pack the biscuits in an airtight box, bag or jar, then put in a gift box with the cups and coffee and tie with a ribbon.

# Nutrition Facts



# Properties

Glycemic Index:3.12, Glycemic Load:1.76, Inflammation Score:-1, Nutrition Score:0.53173912195084%

# Nutrients (% of daily need)

Calories: 74.2kcal (3.71%), Fat: 4.96g (7.64%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.52g (2.74%), Sugar: 7.32g (8.13%), Cholesterol: 12.12mg (4.04%), Sodium: 56.99mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin A: 140.75IU (2.81%), Manganese: 0.05mg (2.55%)