



## Gingerbread People

 Vegetarian

READY IN



72 min.

SERVINGS



26

CALORIES



127 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter softened
- 0.8 cup t brown sugar dark packed
- 1 large eggs
- 2.5 cups flour all-purpose
- 0.3 cup golden syrup (such as Lyle's Golden Syrup)
- 0.3 teaspoon ground cinnamon
- 1 tablespoon ground ginger

- 2 teaspoons milk 2% reduced-fat
- 2 tablespoons blackstrap molasses
- 0.5 cup powdered sugar
- 0.3 teaspoon salt

## Equipment

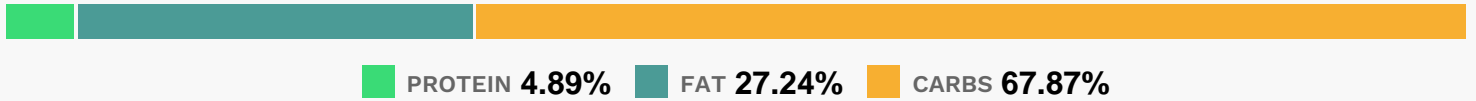
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- ziploc bags
- measuring cup

## Directions

- Preheat oven to 35
- To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, ginger, baking soda, cinnamon, and salt, stirring mixture well with a whisk.
- Place brown sugar and butter in a bowl. Beat with a mixer at medium speed 2 minutes or until light and fluffy.
- Add cane syrup, molasses, and egg; beat 1 minute or until well combined.
- Add flour mixture, and beat on low speed 1 minute or until just combined. Gently press mixture into a disc, and wrap in plastic wrap. Chill for 30 minutes.
- Divide dough in half.

- Roll each dough portion to a 1/8-inch thickness on a lightly floured surface; cut with 5-inch cutters to form 26 cookies. (Reroll scraps, as necessary.)
- Place cookies 1 inch apart on a baking sheet covered with parchment paper.
- Bake at 350 for 8 minutes or until lightly browned.
- Let cool on baking sheet 5 minutes.
- Remove cookies from baking sheet; cool completely on a wire rack.
- To prepare icing, combine powdered sugar and milk, stirring with a whisk until smooth. Spoon icing into a small zip-top plastic bag. Snip a tiny hole off one corner of the bag. Pipe icing onto cookies as desired.

## Nutrition Facts



## Properties

Glycemic Index:9.12, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:2.5060869779276%

## Nutrients (% of daily need)

Calories: 126.73kcal (6.34%), Fat: 3.86g (5.94%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 21.27g (7.74%), Sugar: 12.23g (13.59%), Cholesterol: 16.57mg (5.52%), Sodium: 98.12mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Manganese: 0.18mg (8.89%), Selenium: 5.19µg (7.41%), Vitamin B1: 0.1mg (6.41%), Folate: 23.14µg (5.78%), Vitamin B2: 0.07mg (4.19%), Iron: 0.75mg (4.17%), Vitamin B3: 0.75mg (3.77%), Vitamin A: 119.98IU (2.4%), Magnesium: 7.72mg (1.93%), Phosphorus: 19.26mg (1.93%), Copper: 0.03mg (1.52%), Potassium: 50.67mg (1.45%), Fiber: 0.36g (1.45%), Calcium: 13.26mg (1.33%), Vitamin B6: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.1%)