

Healthy Ginger Bread Men

Prep time 15 mins - Cook time 10 mins - Serves: 12

Ingredients

- 150g Almond meal
- 50g wholemeal flour
- 3 tbsp. Natvia
- 2 tsp. ground ginger
- ½ tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. vanilla essence
- 1 tsp. baking powder
- 1 egg
- 1 ½ tbsp. coconut oil
- Cacao nibs for decorating (optional)



Instructions

1. Preheat oven to 175 °C.
2. Mix dry ingredients in a bowl
3. Melt the coconut oil in the microwave and add to dry ingredients
4. Add egg to mixture and mix well
5. Flour a clean surface using some extra flour and press out dough using your hands to around ½ cm thick.
6. Use a cookie cutter to cut your shapes.
7. Decorate with cacao nibs by pressing in slightly.
8. Bake in the oven for 7-10 minutes until they are browned.