

# Gingerbread Men Cookies



Preparation time: 30 minutes

Baking time: 20–25 minutes

Recipe makes: 4 cookies

## Ingredients

4 Tbsp margarine, softened  
at room temperature

1/3 cup brown sugar

1 tsp ginger, ground

1 tsp cinnamon, ground

1 cup (110 g) low protein all-  
purpose mix

1/4 cup rice or almond milk\*

1 tsp low protein egg replacer

1/2 tsp vanilla extract

1 Tbsp golden syrup

**Permitted decorations:** such  
as edible icing pens\*\*

\* Rice milk was used in the nutrition info

\*\* Decorations are not included in the  
nutrition info

## Directions

- 1 Preheat oven to 390°F.
- 2 Cream margarine and brown sugar in a large bowl.
- 3 Add the spices and low protein all-purpose mix; rub together with your fingertips to create a breadcrumb texture.
- 4 In a separate bowl, combine the remaining ingredients. Add to the low protein all-purpose mix, and knead into a dough.
- 5 Roll dough to a thickness of about 1/4 inch, cut into 4 gingerbread men and place onto a lightly greased baking tray.
- 6 Bake for 20–25 minutes.
- 7 Remove from oven and cool on a wire rack.
- 8 Decorate when fully cooled.

## Nutrition Info Per Serving (1 cookie)

**Calories: 300 | Protein: 0.2 g | Phenylalanine: 6 mg**

**Please check the suitability of this recipe for you with your healthcare professional.**

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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