

**Recipe makes**  
4 cookies

**Prep time**  
30 minutes

**Bake time**  
20–25 minutes



## NUTRITION INFO PER SERVING

(1 cookie)

**Calories** 300

**Protein** 0.2 g

**Phenylalanine** 6 mg

## 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  
allpurpose 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.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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