

Season AND SPICE

GET YOUR LITTLE ONE'S HELP TO MAKE THESE FESTIVE-READY COOKIES FOR THE HOLIDAYS!

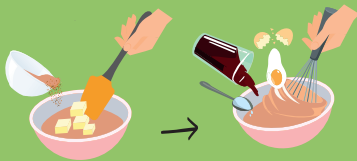
GINGERBREAD MEN COOKIES

MAKES 12

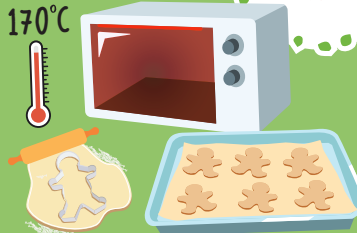
WHAT YOU'LL NEED

- ▶ 1/2 cup butter, softened
- ▶ 3/4 cup packed dark brown sugar
- ▶ 1/3 cup molasses
- ▶ 1 egg
- ▶ 2 tbsp water
- ▶ 2 2/3 cups all-purpose flour
- ▶ 1 tsp baking soda
- ▶ 1/2 tsp salt
- ▶ 2 tsp ground ginger
- ▶ 1/2 tsp ground cinnamon
- ▶ 1/2 tsp ground nutmeg
- ▶ 1/2 tsp ground allspice
- ▶ Frosting
- ▶ Ribbon

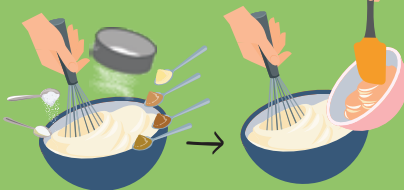
FOLLOW THESE STEPS



1 Cream butter and brown sugar until light and fluffy. Beat in molasses, egg and water.



4 Pre-heat oven to about 170°C. On a lightly floured surface, roll each portion of dough to 1/8 inch thickness. Cut with a floured gingerbread man cookie cutter. Place 2 inches apart on greased baking sheets.



2 In another bowl, whisk together remaining ingredients (minus frosting) and gradually beat into creamed mixture.



8-10 MIN
5 Bake until edges are firm, 8-10 minutes. Remove to wire racks to cool completely.



3 Divide dough in half. Shape each into a disk; wrap in plastic. Refrigerate for about 30 minutes.



6 Decorate with frosting and ribbon. ♥

A BETTER FROSTING

Frosting is typically made from sugar, milk and butter. Whip up a healthier frosting using reduced fat plain yogurt instead. This way, your child can benefit from the calcium content too! Visit www.healthhub.sg/live-healthy/216/calcium_greater_bone_strength for more details.



TIP: Swap butter with margarine, and the all-purpose flour with wholemeal flour.

