



Gingerbread Men Cookies Recipe

Basic Ingredients (for 30 cookies)

- 1/2 cup oil (olive, corn, sunflower)
- 1/2 cup dark brown raw sugar
- 1/2 cup honey
- 1/2 cup orange juice
- 1/4 cup Brandy/ Scotch/Cognac
- 1 teaspoon molasses
- 1/4 teaspoon baking soda
- 1 whole orange zest
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ginger
- 1/2 teaspoon ground nutmeg
- 2 cups whole wheat or all purpose flour

Directions

1. In a large bowl, mix oil, sugar, honey, molasses, orange juice & brandy. Add salt, baking powder, baking soda, cinnamon, cloves, ginger, nutmeg & orange zest. Add flour until smooth. Cover, and chill for at least 20 minutes.
2. Preheat the oven to 350 degrees F (180 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 2 inches apart on ungreased cookie sheets.
3. Bake for 8 to 10 minutes until firm. Remove from cookie sheets, let cool on wire rack. Frost or decorate when cool.

Nutritional value

	Total	1 Cookie
Energy	2640 kcal	88 kcal
Cholesterol	0 mg	0 mg
Sodium	36 mg	1.2 mg
Carbs	412 gr	41 gr
Dietary fiber	56.6 gr	36 gr
Protein	47 gr	5 gr
Fat	18 gr	12 gr

Nutritional values & Recipe

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