



Gingerbread Man

Ingredients

- 1.5 cups Flour
- 0.5 cup Brown sugar
- 0.5 cup Low fat yoghurt
- 2 tsp Cinnamon
- 0.5 tsp Ginger
- 0.5 tsp Ground cloves
- 1.5 tsp Baking soda

Instruction

1. Mix and blend all the ingredients well until a cohesive dough forms. (P and K)
2. Keep the dough in the fridge for the whole night. The next day flatten the dough and then cut into different shapes using special biscuit molds. (P and K)
3. Bake in a preheated hot oven until done. Keep biscuits in airtight containers and consume within a week. (P)

Nutrition

Carbohydrates	18.77 g
Energy	89.03 kcal
Fats	0.37 g
Protein	2.67 g

25 Minutes

12