

Sweet and spicy gingerbread men

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Luke Hines shares his yummy gingerbread treats, just in time for the Christmas season.

Ingredients (makes 10)

- 300 g (3 cups) almond meal
- 1 tablespoon ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon baking powder
- 3 tablespoons coconut oil, melted
- 2 tablespoons maple syrup
- 1 vanilla pod, split and scraped
- 1 egg
- pinch of sea salt

Method

Preheat the oven to 160°C. Line two baking trays with baking paper.

In a bowl, mix together the almond meal, ginger, cinnamon, nutmeg and baking powder. Set aside.

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Put the coconut oil, maple syrup, vanilla seeds, egg and salt in a food processor and whiz together until well combined.

Slowly add the combined dry ingredients to the food processor and pulse together to form a dough. Remove the dough from the food processor and shape into a ball, then roll it between two sheets of baking paper, using a rolling pin, to a thickness of 1 cm.

Transfer the dough to the refrigerator for 20 minutes to firm up, then cut into shapes using cookie cutters or a sharp knife.

Place the cut shapes on the prepared baking trays and bake for 20–25 minutes, or until nice and golden. Remove them from the oven and allow to cool slightly on a wire rack. You're good to go!

Recipes extracted from [Eat Clean](#) by [Luke Hines](#). Available now, Plum, RRP \$39.99.

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