



Ginger Biscuits

Makes about 24 biscuits

Ingredients

- 240g plain white/wholemeal flour
- 100g fine oat bran
- 1tsp bicarbonate of soda
- 4tsp ground ginger
- 1tsp ground cinnamon (optional)
- 110g margarine
- 5 tbsp golden syrup
- 5 tbsp honey

Method

1. Preheat the oven to 190°C (fan 180°, gas mark 5).
2. Prepare two baking trays, lined with greaseproof paper.
3. Sift the flour into a large bowl and add the oatbran, bicarbonate of soda, ginger and cinnamon
4. Melt the butter, golden syrup and honey in a small pan over a low heat.
5. Pour over the dry ingredients
6. Mix well and bring together with hands to make a firm dough
7. Prepare a lightly floured surface and roll out half of the dough to roughly 5mm thick. Use any shaped cutters (preferably around 5-8cm in diameter) to stamp out the biscuits.
8. Transfer to a baking tray and repeat with the other half.
9. Bake for around 10 minutes, or until slightly browned. Don't worry if the biscuits aren't hardened yet as they do when they cool down.
10. Transfer to a wire rack and leave to cool for about 10 minutes

Utensils: baking tray(s), large bowl for mixing, sieve (optional), mixing spoon, shaped cutters to cut out biscuits

