

Hemp Gingerbread People (makes 16)

Ingredients

210g Hemp flour	30g Soft brown sugar
90g White plain flour	70g Treacle
1 tsp Baking powder	2 tsp Granular sweetener
1 tsp Bicarbonate of soda	½ tsp Vanilla essence
tsp Ground ginger	¼ Zest from orange
tsp Ground cinnamon	30g Banana (4 slices mashed/pureed)
½ tsp Ground clove	1 egg
44g Buttery spread	Pinch of hemp seeds for decorating

Method

1. Combine the flours, baking powder, bicarbonate of soda and spices in mixing bowl and stir
2. In a separate bowl beat together the spread, sugar, sweetener, treacle, vanilla extract, pinch of orange zest and the puree banana until well blended
3. Stir in the beaten egg and gradually mix in the dry ingredients until a dough comes together
4. Wrap the dough in cling film and chill for 30 minutes
5. Preheat the oven to 190°C (170°Cfan)/ 375F/gas 5. Line a tray with greaseproof paper or silicon baking mats
6. Dust work surface with flour and roll out dough to about 5mm thickness

7. Use the gingerbread cutter and spread out on the tray, recipe should give about 16 gingerbread men depending on cutter used.
8. To decorate the cookie use shelled hemp seeds to make face and buttons, optional use a cocktail stick to make small hole in the head for string or ribbon if you want to hang on tree
9. Bake for 10-12 minutes remove from oven and leave to cool. Optional sprinkle with some orange peel.

Nutritional information

Nutrition per biscuit (32g)

Energy	Fat	Saturates	Sugar	Salt	Protein	CHO	Fibre
542kJ/ 128kcal	2.8g	0.6g	8.5g	0.16g	8.1g	18g	3.7g
6%	4%	3%	9%	3%	16%	7%	

% of an adult's reference intake

Typical values cooked per 100g: Energy 1648kJ/394kcal

Nutrition claims: the biscuits are high in fibre and high in protein