

Ginger Nuts

Ingredients

125g/5oz Loprofin mix

¼ teaspoon bicarbonate of soda

1 teaspoon ground ginger

½ teaspoon ground cinnamon

1 teaspoon castor sugar

50g/2oz butter

75g/3oz golden syrup

Oven temperature: 190°C/375°F/Gas Mark 5

Method

1. Place the Loprofin mix, bicarbonate of soda, spices and sugar into a large bowl.
2. Heat the butter and syrup in a pan over a low heat until melted.
3. Allow to cool before stirring into the dry ingredients, to give a soft, but not sticky dough.
4. Roll the dough into balls about the size of a walnut and place on a greased baking tray leaving room for spreading.
5. Flatten each dough ball slightly with the palm of the hand.
6. Bake in a preheated oven for 8 minutes until a pale golden brown.
7. Cool on the trays for a few minutes before transferring to a wire cooling rack.

This recipe was provided by Nutricia Metabolics.

