

## **Gingerbread**

### **Ingredients**

180g plain flour

½ teaspoon bicarbonate of soda

½ teaspoon ground cinnamon

½ teaspoon baking powder

2 teaspoons ground ginger

Pinch of salt

60g crystallised ginger, chopped

2 tablespoons MCT Oil

60g golden syrup

60g treacle

60g sugar

90ml skimmed milk

1 egg white, stiffly beaten

### **Method**

1. Line a 6" square tin with greaseproof paper.
2. Sift together the flour, bicarbonate of soda, cinnamon, baking powder, ginger and salt. Add the chopped ginger.
3. Heat the oil, syrup, treacle and sugar together gently. Stir in the skimmed milk and add the mixture to the dry ingredients.
4. Fold in the egg white and pour into the prepared tin and then bake for 40-45 minutes.

### **Serving Suggestion**

Ice with glaze icing and decorate with sliced crystallised ginger.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics