

LOW-CARB, SUGAR AND FLOUR-FREE GINGERBREAD MEN

(courtesy Sally-Ann Creed)

Ingredients:

100g organic butter

1 teaspoon cardamom

1 teaspoon ground cloves

2 teaspoons organic ground ginger

100ml heavy cream

1 tablespoons macadamia nut butter

1 cup almond flour

½ cup coconut flour

2 tablespoons psyllium husks

Method:

Melt butter, add spices and cream. Simmer for a few minutes, remove from heat , add nut butter and stir. Allow to cool.

Add the flours and psyllium husks.

Mix well and place dough in fridge for a minimum of 3 hours, best overnight.

When ready to bake, remove a bit at a time and work through it with hands to soften the dough. Pat flat with hands.

Use a biscuit cutter to form the gingerbread men

Place on a non-stick baking sheet on an oven tray and bake at 200 degrees C for about 7 minutes