

## Gingerbread

### Ingredients:

12-15 servings

#### Version 1

200 g sugar

2 eggs

350 g flour (3 cups)

1 tsp baking powder

spice

80 g honey (¼ cup)

1 egg (to coat)

#### Version 2

300 g rye flour

180 g sugar

80 g honey

2 eggs + 1 egg to coat

1 tsp baking soda

cinnamon

allspice

cloves

lemon peel

### Directions:

- Version 1: Sugar and eggs are beaten, then add the boiling honey and spice and mix the flour to the mass. The dough may then be processed as desired. Coat with whisked egg and bake for 10-12 minutes at 180°C.
- Version 2: Mix all ingredients into a dough and let rest overnight or for several hours . The next morning or later use as desired to make cookies. Coat the dough with whisked egg and bake for 10-12 minutes at 180°C.

Tip: Enjoy with a cup of tea.

### Nutrition (per serving; version 1; version 2):

Energy	195-156 kcal	Energy	172-138 kcal
Fat	1.5-1.2 g	Fat	1.4-1.1 g
Carbohydrates	43-34 g	Carbohydrates	38-30 g
Fibre	3-2.5 g	Fibre	6.2-4.9 g
Protein	5-4 g	Protein	5.1-4.1 g
Sodium	122-98 mg	Sodium	122-98 mg

Tbsp...Table spoon  
tsp...Tea spoon  
Cup...240 ml