

Gingerbread Superhero Biscuits



Ingredients

- 350g plain flour
- 100g butter
- 5 tsp ground ginger
- 1 tsp ground cinnamon
- 175g light brown sugar
- 1 tsp bicarbonate of soda
- 4 tbsp golden syrup
- 1 medium egg
- icing, sprinkles or raisins for decoration

Equipment

- oven
- mixing bowl
- wooden spoon
- rolling pin
- baking tray
- person-shaped biscuit cutters



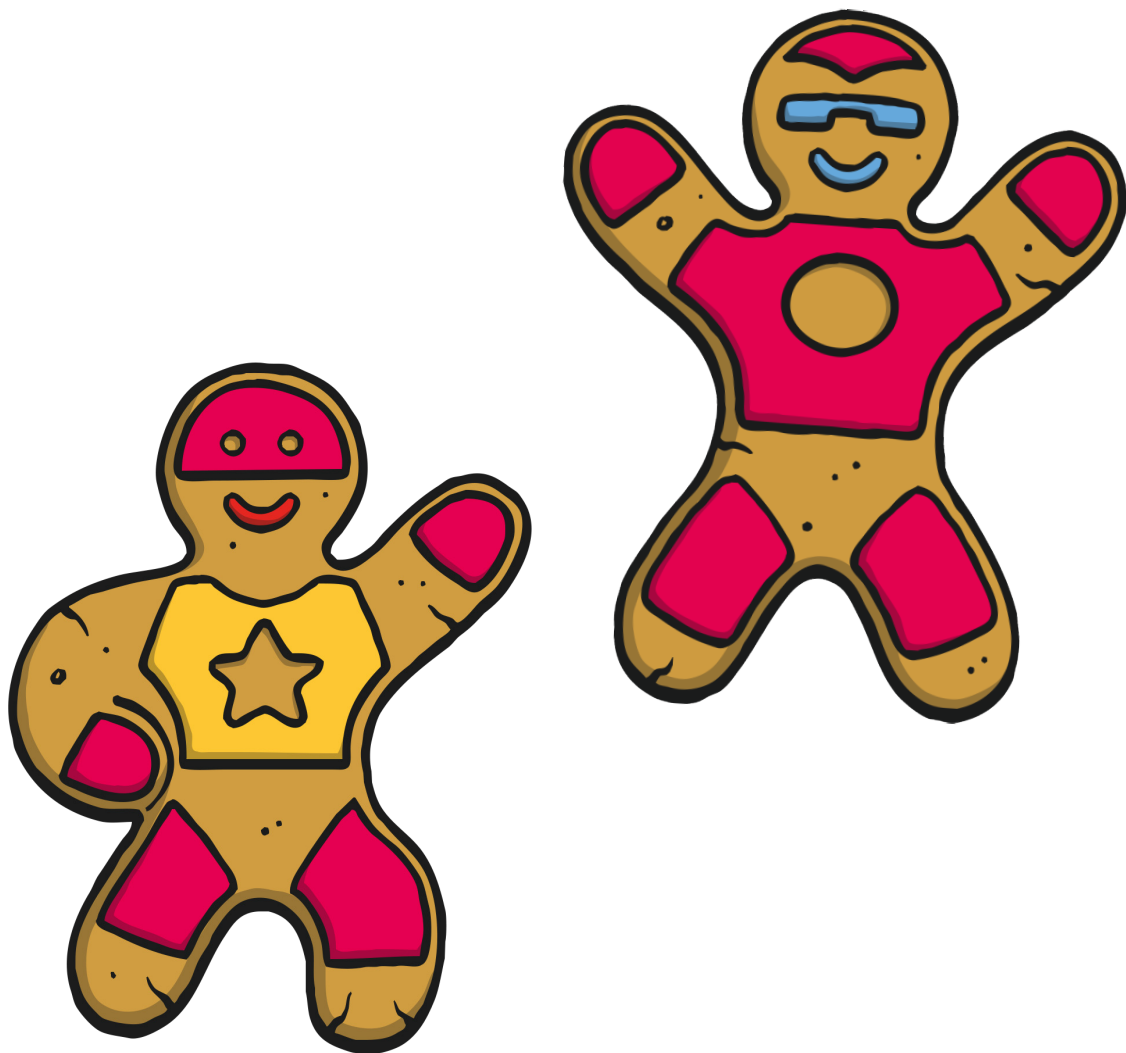
Instructions

1. Preheat the oven to 180°C (or gas mark 4).
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in the mixing bowl.
3. Mix ingredients together with your hands and fingers until you have a crumbly mixture.
4. Add the sugar, syrup and egg to the mixture. Use the spoon to mix the ingredients at first as it will be sticky. The biscuit mix should be firm once combined.
5. Roll out the mixture with the rolling pin to about 5mm thick. Top tip: To stop the mixture from sticking to everything, use lots of flour on the work surface and the rolling pin.
6. Use the biscuit cutters to cut out people shapes.
7. As you place each biscuit on the baking tray, adjust its arms and legs to a superhero pose, such as hands on its waist or one arm up in the air like it's flying or fighting. Move them carefully and use your finger to blend together any rips.





8. Bake in the oven for around 12 minutes. Top tip: If you like your gingerbread chewy in the middle, bake for around 10 minutes. For crunchier gingerbread, bake for around 15 minutes.
9. Once cooled, decorate your superhero biscuits with your chosen toppings, such as icing or sprinkles. Can you give them a superhero costume?
10. Serve your biscuits and enjoy!



We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.