



Ginger Bread Cookies

Yield: 30 pieces

Ingredients	Amount
Unsalted Butter	325g
Artificial Sweetener, e.g. Splenda, Monk Fruit Sweetener	¾ cup/ 170g
Vanilla Essence	1 teaspoon
Plain Flour	500g
Ground Ginger Powder	1 teaspoon
Nutmeg	¼ teaspoon
Baking Powder	1½ teaspoons
Bicarbonate Soda/ Baking Soda	1 teaspoon
Salt	½ teaspoon

STEPS:

1. Using mixer, beat butter and artificial sweetener for about 2 minutes until fluffy. Then add vanilla essence and beat until mixed well.
2. In a medium bowl, add flour, ginger powder, nutmeg, baking powder, baking soda and salt. Mix until combined.
3. Add flour mixture into butter and sugar mixture, mix with mixer at slow speed. Gradually add in the flour until it becomes a dough.
4. Divide dough in half and make into two rolls. Wrap each roll in parchment paper and chill for 2 to 3 hours until firm.
5. Preheat oven to 180°C and line baking tray with two large baking sheets.
6. On a lightly floured surface, roll dough until ¼ inch thick and cut into shapes by using cookie cutter.
7. Bake 9 to 10 minutes or until slightly puffed. Then, let the baked cookies cool on baking sheets for 5 minutes before transferring to a cooling rack to cool completely.

Cooking TIPS!

- ✓ Remember to adjust baking duration by according to the thickness and size of the cookies. Thicker/ bigger cookies require longer baking duration.

Healthy TIPS!

- ✓ Sugar content is reduced by replacing sugar with artificial sweetener. However, it is advisable to use it in moderation to prevent craving for intense sweetness. You can adjust the usage of sweetener in this recipe based on your preference.
- ✓ To reduce sodium content, use unsalted butter instead of salted butter.

Nutrition content per serving: (Energy: 139 kcal)

Carbohydrate: 17g	Protein: 2g	Total fat: 9g
Sodium: 95mg	Potassium: 10mg	Phosphate: 48mg

Recipe courtesy of Chef Jason Koh from ITE College West, in collaboration with NKF Dietitians



姜饼人

份量：30 片

材料:	份量
无盐牛油	325 克
代糖, 例如: <i>Splenda, Monk Fruit Sweetener</i>	¾ 杯/ 170 克
香草精	1 茶匙
面粉	500 克
姜粉	1 茶匙
荳蔻粉	¼ 茶匙
泡打粉	1½ 茶匙
苏打粉	1 茶匙
盐	½ 茶匙

烹调步骤:

1. 将牛油和代糖加入搅拌器搅至 2 分钟或直到打发。加入香草精搅打均匀。
2. 把面粉、姜粉、荳蔻粉、泡打粉和苏打粉全部倒入碗中，并搅拌均匀。
3. 将混合粉慢慢地加入黄油和糖中，并用搅拌器以低速搅打均匀，直到形成面团。
4. 将面团切成 2 段，揉成 2 团后，各裹上一层烘培纸。放进冰箱冷藏 2 到 3 小时。
5. 将烤箱预热 180°C，并为烤盘铺上两大张烘培纸。
6. 在干净的桌面上撒上一些面粉以免面团沾粘在桌面。将面团搓成约¼寸厚度的面皮，并用饼干模型压成各式形状。
7. 在预热好的烤箱里烘焙 9 到 10 分钟或烤至酥脆。让烤好的饼干在烤盘上冷却 5 分钟，才将它取出来。

烹饪小贴士!

- ✓ 烘烤的时间可依据饼皮的厚度和大小来调整。较厚/较大的姜饼人需要较长的烘烤时间。

健康小贴士!

- ✓ 使用代糖取代白糖能减少您的糖分摄入，但请适量使用代糖以避免对甜味产生过度依赖。您可通过减少代糖用量调整甜度。
- ✓ 使用无盐牛油取代普通牛油可帮助减少钠摄取量。

营养成分 (一人份) : (热量: 139 kcal)

碳水化合物: 17克	蛋白质: 2克	脂肪: 9克
钠: 95毫克	钾: 10毫克	磷: 48毫克

此食谱由工艺教育西区学院的 Chef Jason Koh 与全国肾脏基金会的营养师提供