

Stem Ginger Cookies

Ingredients (makes 24)

350g plain flour	100g unsalted butter, diced
1 tbsp ground ginger	8 knobs of stem ginger, diced
1 tsp bicarbonate of soda	4 tbsp golden syrup
175g light muscodao sugar	1 egg

- Mix the flour, ground ginger, bicarbonate of soda and sugar in a large mixing bowl.
- Using your fingertips, rub the butter into the flour mixture, until it resembles fine breadcrumbs. Stir in the diced stem ginger.
- Whisk together the golden syrup and egg, then pour the mixture into the dry ingredients and mix together with your hands until you have a thick dough.
- Divide the mixture in half and shape into two thick sausages, approx 6cm in diameter, with flat ends. Wrap in cling-film and chill for 20-30 minutes.
- Preheat the oven to 180°C, (160°C fan, gas mark 3). Line two large baking sheets with baking paper.



- Remove the dough from the fridge and slice each sausage into 12 rounds. Place on the baking sheets, allowing space for spreading.
- Bake for 15-18 minutes, until lightly golden.
- Leave to cool on the trays for 5 minutes, then place on a cooling rack to cool completely.

You can find lots more delicious recipes online at alzheimers.org.uk/bakefordementia



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dementia**

