

Gingerbread Hearts

Embracing a delightful tradition, I find joy in baking batches of these gingerbread hearts and adorning them around loved ones' necks during the holiday season. Though not part of my upbringing, this Scandinavian custom has become one of my cherished holiday activities. Crafting 40-50 large hearts and numerous smaller ones, this recipe strikes a balance between indulgence and wholesome ingredients—a perfect fit for festive celebrations. Enjoy the sweet magic of the season!

Happy baking, Uta Birkmayer

Ingredients

<i>9 cups whole spelt flour</i>	<i>1 ½ cups butter</i>
<i>1 Tbsp xanthan gum</i>	<i>1 ½ cups (500g) honey</i>
<i>1 Tbsp baking soda</i>	<i>¾ cups (210 g) molasses</i>
<i>2 Tbsp ground ginger</i>	<i>3 eggs</i>
<i>1 ½ tsp allspice</i>	



Preparation

- ★ Mix flour, xanthan gum, baking soda and spices in a large bowl, making sure all ingredients are well combined.
- ★ In a pot over low heat melt butter honey and molasses together and cool so it's hand warm
- ★ Beat the eggs into the honey mixture
- ★ Add wet ingredients into dry, best in a mixer, and whisk all ingredients together.
- ★ The dough will be very soft. Scrape the dough into a bowl or tubber ware, cover and chill overnight
- ★ Take out dough app an hour before baking
- ★ Preheat oven to 350F
- ★ Roll out on a large wooden board, dusted with flour, app. 3 – 5 mm thick
- ★ Cut out heart shapes and use a thick straw to cut a hole into the center
- ★ Bake for 8-10 minutes or until golden brown
- ★ Cool on a wire rack
- ★ Attach enough string to hang over people's heads.
- ★ Happy Holidays!