



Helsana

Committed to life.

Recipe for Grittibänze (gingerbread men)

Preparation

1. If using fresh yeast, crumble and dissolve into the apple juice; otherwise, mixed the dried yeast into the flour
2. Knead the butter into the wholemeal flour
3. Add the salt
4. Add the liquid yeast mixture (if using)
5. Knead to a soft dough and leave to prove until doubled in size (about 1 hour)
6. Divide the dough into four, keeping a little back for decorations
7. Knead each piece into an oval, make cuts for the arms and legs and form a head on the end
8. Use the rest of the dough to make decorations such as neckerchiefs and hats
9. Beat the egg and glaze the Grittibänze
10. Roast in the preheated oven at 180° for 25–30 minutes

Ingredients for four Grittibänze

400 g	wholemeal flour
1 teaspoon	salt
1 piece or	of yeast or
1 sachet	dried yeast
250 ml	apple juice
30 g	soft butter
1	egg

Nutritional value per portion

kcal:	671
Protein:	19.3 g
Carbohydrate:	100 g
Fat:	21.2 g