

# Idiot's Kitchen Shopping List – Ginger Cardamom Bars

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – from Bon Appetit/Epicurious



2 cups flour

1 cup sugar

1 teaspoon cinnamon

1 ½ teaspoons ground cardamom\*

½ teaspoon salt

2 sticks (1 cup) unsalted butter

1 egg

4 ounces (¾ cup) candied ginger – look for candied ginger near the raisins, or sometimes in specialty fruit/nuts section

Non-Stick Cooking Spray

\*Note: Cardamom can be very expensive so look for places like Whole Foods, Natural Food Stores or Co-Ops, or Asian Markets where you can buy in bulk. That way you can get a much smaller amount of cardamom, keep it fresher, and spend much less money.