

Shortbread

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
150 g	Cornflour
300 g	Plain Flour (contains Wheat)
300 g	Margarine
150 g	Sugar Caster



Method

1. Cream the margarine and sugar and add the flours.
2. Roll out and cut into fingers or rounds
3. Bake in an oven at 190°C, 375°F, Gas Mark 5 for 20 minutes until pale brown.

Nutritional Content per 45g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NMESugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 219.2	= 12.7	= 2.6	= 7.9	= 8.1	= 0.3	= 26.5

Portion size – 45g

Reviewed September 2018