

Shortbread

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
150g	Cornflour
300g	Plain Flour (contains Wheat)
300g	Margarine
150g	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)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 219	= 12.7	= 2.6	= 7.9	= 8.1	= 0.3	= 26.5

Portion size - Primary – 45g