



Low-Sugar Festive Shortbread



Normally recipes for shortbread need a lot of sugar, but this one only uses around 3g per biscuit! Making them a perfect sweet treat that can be enjoyed by all. They are also really easy to make, so would be a great Christmas activity for children. They are also good for younger children as they are very soft, making them excellent finger foods.

INGREDIENTS

- 300g plain flour/ gluten-free flour
- 200g butter/ dairy-free margarine
- 80g caster sugar



RECIPIE

- Heat the oven to 170°C.
- Put the flour, butter, and sugar into a mixing bowl and use your hands to mix (children may enjoy this part!).
- It will start to look like breadcrumbs, if you want to add any extra festive ingredients such as raisins, cranberries, lemon or orange zest, add them now. Carry on mixing and it will start to form a dough.
- Dust some flour onto the worktop and roll out the dough to around 1/2" thick.
- Use festive cookie cutters to stamp out shapes (children might enjoy this part too!), and place them on a baking tray.
- Bake for 20 minutes.

- Once they have cooled, children might enjoy decorating them with dried fruits!

