

Shortbread (makes 12)

In this shortbread recipe half of the wheat flour has been replaced with oat or barley flour but the recipe will also be successful if you replace all of the wheat flour. With the barley flour the shortbread can be slightly darker than when wheat flour is used, and have a more distinct flavour. The oat flour will give a product that looks more similar to the traditional wheat flour shortbread.

Ingredients

85g plain flour

85g oat / barley flour

50g caster sugar

100g butter

Method

1. Mix together the flours and sugar in a bowl.
2. Chop up the butter into small pieces and rub it into the flour mixture until it all comes together and is mixed evenly.
3. Turn the mixture out onto a lightly floured surface and roll to about 1cm thick.
4. Use a 6cm cutter to cut out the shortbread and place on a baking sheet.
5. Bake at 200°C/400°F/Gas Mark 6 for 15 minutes until light golden.

Nutrition information

Oat Shortbread	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
24g	539kJ 129kcal	7.2g	4.3g	14.2g	4.2g	1.5g	0.6g	0.12g
Barley Shortbread	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
24g	528kJ 126kcal	6.9g	4.2g	14.2g	4.2g	1.4g	0.8g	0.12g

Oat/Barley content

7g
per
biscuit

