

Bunting biscuits



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 100 g butter diced cold
- ☐ 1 tsp baking soda
- ☐ 140 g brown sugar light soft
- ☐ 1 large eggs
- ☐ 75 g golden syrup
- ☐ 2 tsp vanilla extract
- ☐ 1 kg chocolate icing
- ☐ 9 servings betty writing gel

Equipment

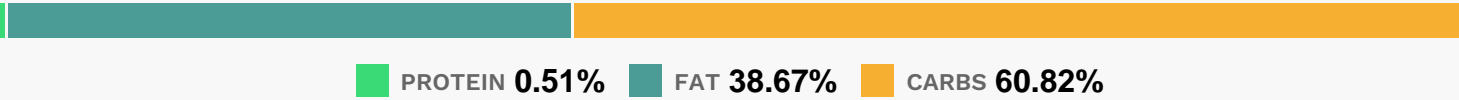
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Put the flour, butter, bicarb and sugar in a food processor, whizz until you cant see any lumps of butter, then tip into a mixing bowl.
- ☐ Whisk the egg, syrup and vanilla together, then stir into the bowl with a wooden spoon. Using your hands, knead together into a smooth dough.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut a triangle template from card the size you want the bunting to be.
- ☐ Roll out dough on a lightly floured surface. Use template to cut out triangles re-roll trimmings to get as many as you can. Line some baking sheets with baking parchment and lift on the biscuits. Use a pencil end to make 2 holes in the top of each one not too close to the edge.
- ☐ Bake, one tray at a time, for 8–10 mins, removing each hole when biscuits are just out and still soft. Cool. Un-iced biscuits can be frozen for up to 3 months, or will keep in an airtight container for a week.
- ☐ Divide the icing into as many colours as you want, and knead in food colourings to get your desired colours.
- ☐ Roll out thinly on a surface lightly dusted with icing sugar, and use your template to cut out icing triangles.
- ☐ Brush the backs of the icing with a little water and stick onto the biscuits making holes in the icing to match the biscuits as you go.
- ☐ Cut out small circles from leftover icing, brush backs with water and stick onto some of the biscuits. Decorate with icing pens, if you wish, then carefully thread through ribbon or string

and hang up your treats.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:13.73, Inflammation Score:-1, Nutrition Score:1.3282608843368%

Nutrients (% of daily need)

Calories: 240.2kcal (12.01%), Fat: 10.33g (15.89%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 36.55g (13.29%), Sugar: 34.48g (38.31%), Cholesterol: 16.71mg (5.57%), Sodium: 160.52mg (6.98%), Alcohol: 0.12g (100%), Alcohol %: 0.26% (100%), Protein: 0.31g (0.61%), Vitamin B2: 0.14mg (8.06%), Vitamin K: 5.71µg (5.44%), Vitamin E: 0.76mg (5.04%), Vitamin A: 115.38IU (2.31%), Phosphorus: 12.88mg (1.29%), Selenium: 0.79µg (1.13%), Folate: 4.5µg (1.12%)