



WHATSheATE



## Coconut & cinnamon place-name cookies



Vegetarian

READY IN



82 min.

SERVINGS



20

CALORIES



293 kcal

DESSERT

### Ingredients

- ☐ 250 g butter softened
- ☐ 140 g brown sugar
- ☐ 1 medium eggs
- ☐ 1 tsp vanilla extract
- ☐ 2 tsp cinnamon
- ☐ 300 g flour plain for dusting
- ☐ 100 g coconut flakes
- ☐ 400 g chocolate icing

- ☐ 1 tbsp powdered sugar
- ☐ 20 servings betty writing gel (see Tip below)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ wooden spoon
- ☐ pizza cutter

## Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Beat butter, sugar, egg and vanilla together with a pinch of salt until smooth. Stir in the flour, cinnamon and coconut with a wooden spoon.
- ☐ On a floured surface, roll out the dough to a just a bit thinner than 1/ 2 cm. Make a two templates out of card of roughly 10 x 5.5cm and 8 x 3cm. (If you can find cutters even better).
- ☐ Place the larger template on the dough and use a pastry wheel, pizza cutter or knife to cut out the shape. Repeat until all the dough is used. Lift onto baking sheets, then bake for 10–12 mins until pale golden. Cool for a few mins, then transfer to a cooling rack to finish cooling. Biscuits can now be frozen, see tip.
- ☐ Roll out the ready-to roll icing on an icing sugar dusted surface. Use the smaller template, cut out the icing in the same way.
- ☐ Sift the icing sugar into a bowl and stir in enough water to make runny.
- ☐ Brush the biscuit with a little of the runny icing. Stick an icing rectangle in the centre and scatter the sprinkles around the edges. Repeat with the rest. Pipe guests names onto biscuits and set aside to set. Will keep in an airtight tin for up to 3 days.

## Nutrition Facts



 **PROTEIN 3.09%**  **FAT 51.44%**  **CARBS 45.47%**

Properties

Glycemic Index:8.65, Glycemic Load:14.13, Inflammation Score:-3, Nutrition Score:4.2991304012096%

Nutrients (% of daily need)

Calories: 293.37kcal (14.67%), Fat: 16.96g (26.1%), Saturated Fat: 9.97g (62.33%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 32.38g (11.77%), Sugar: 20.26g (22.51%), Cholesterol: 35.06mg (11.69%), Sodium: 124.46mg (5.41%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 2.3g (4.59%), Manganese: 0.29mg (14.53%), Selenium: 6.92µg (9.89%), Vitamin B2: 0.15mg (9.07%), Vitamin B1: 0.12mg (8.29%), Folate: 30.99µg (7.75%), Vitamin A: 325.02IU (6.5%), Iron: 1.01mg (5.59%), Fiber: 1.36g (5.43%), Vitamin B3: 0.98mg (4.89%), Vitamin E: 0.66mg (4.37%), Phosphorus: 37.92mg (3.79%), Vitamin K: 3.62µg (3.45%), Copper: 0.07mg (3.37%), Magnesium: 9.33mg (2.33%), Potassium: 66.79mg (1.91%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.17mg (1.74%), Calcium: 16.82mg (1.68%), Vitamin B6: 0.03mg (1.45%)