



Jammy coconut mallows

READY IN



60 min.

SERVINGS



36

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 250 g butter softened
- ☐ 140 g brown sugar
- ☐ 1 eggs
- ☐ 1 tsp vanilla extract
- ☐ 300 g flour plain
- ☐ 100 g coconut flakes
- ☐ 175 g raspberry jam
- ☐ 18 large marshmallows white cut in half across the middle
- ☐ 25 g coconut flakes

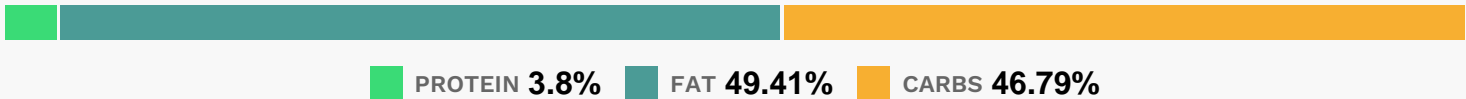
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Beat butter, sugar, egg and vanilla together with a pinch of salt until smooth. Fold in the flour and coconut to form a dough.
- ☐ On a floured surface, shape the dough into a round, then roll to the thickness of a 1 coin.
- ☐ Cut into rounds using a 6cm cutter. Lift onto baking sheets, then bake for 14 mins until light golden. Cool for a few mins, then transfer to a cooling rack.
- ☐ To sandwich the biscuits, lay half out on a baking sheet, under-side up. Put tsp jam onto each one, top with a piece of marshmallow, then bake for 2 mins or until just melted.
- ☐ Remove from oven, then quickly top with the other biscuits, pressing down so that the marshmallow sticks them together and just oozes out. Cool for 10 mins.
- ☐ Put the coconut and remaining jam onto plates, dip the edges in the jam, then roll in the coconut. Will keep in an airtight tin for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:6.68, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:2.2995652180651%

Nutrients (% of daily need)

Calories: 144.55kcal (7.23%), Fat: 8.08g (12.43%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.37g (5.95%), Sugar: 8.45g (9.39%), Cholesterol: 19.48mg (6.49%), Sodium: 53.29mg (2.32%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.4g (2.8%), Manganese: 0.16mg (7.87%), Selenium: 4.12µg (5.88%), Vitamin B1: 0.07mg (4.61%), Folate: 16.95µg (4.24%), Vitamin A: 180.14IU (3.6%), Fiber: 0.85g (3.39%), Vitamin B2: 0.06mg (3.32%), Iron: 0.58mg (3.25%), Vitamin B3: 0.53mg (2.63%), Copper: 0.05mg (2.53%), Phosphorus: 21.61mg (2.16%), Magnesium: 5.87mg (1.47%), Vitamin E: 0.2mg (1.33%), Potassium: 40.39mg (1.15%),

Zinc: 0.16mg (1.04%)