



Jammy heart drops

READY IN



65 min.

SERVINGS



18

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g butter unsalted softened
- ☐ 140 g brown sugar
- ☐ 2 tsp vanilla extract
- ☐ 300 g flour plain
- ☐ 1 jar raspberry jam seedless
- ☐ 2 tbsp custard powder
- ☐ 85 g powdered sugar

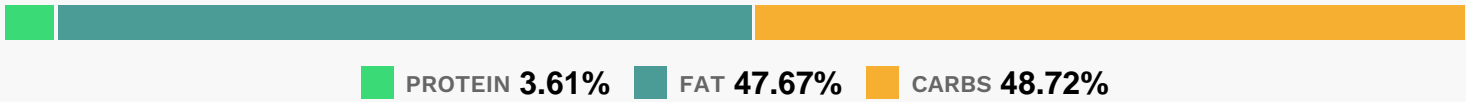
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Beat the butter and sugar together until pale and fluffy. Beat in the vanilla for a few secs, then use a wooden spoon to stir in the flour with tsp salt.
- ☐ Roll the dough into 36 small balls (the easiest way to get this right is to divide the dough into quarters each quarter then makes 9 balls).
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line two baking sheets with baking parchment. Squish 2 balls of dough together on the paper, keeping the round edges of the balls at the top, but pinching together at the base where they meet, so they make a rough heart shape. Flatten with the palm of your hand to a biscuit, then press in heart-shaped dent for the jam thumbs and fingers are perfect for this. Repeat with remaining dough balls leaving a little space between each finished heart shape for spreading.
- ☐ Spoon the jam into a food bag (or disposable piping bag), snip off the end and pipe roughly 2-3 tsp jam into the thumb-heart dips you have made in each biscuit.
- ☐ Bake for 8-12 mins until pale golden and crisp. Cool on the trays.
- ☐ Mix the custard powder and icing sugar, then dribble in enough water to make a runny icing.
- ☐ Drizzle all over the cooled biscuits, allow to set for at least 10 mins, then serve or store in a biscuit tin.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:3.1621739324182%

Nutrients (% of daily need)

Calories: 216.41kcal (10.82%), Fat: 11.53g (17.74%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 26.08g (9.48%), Sugar: 12.3g (13.67%), Cholesterol: 34.1mg (11.37%), Sodium: 8.81mg (0.38%), Alcohol: 0.16g (100%), Alcohol %: 0.45% (100%), Protein: 1.96g (3.93%), Vitamin B1: 0.13mg (8.93%), Selenium: 6.18µg (8.83%), Folate: 31.49µg (7.87%), Vitamin A: 350.65IU (7.01%), Manganese: 0.12mg (6.04%), Vitamin B2:

0.1mg (5.6%), Vitamin B3: 1.01mg (5.03%), Iron: 0.87mg (4.81%), Phosphorus: 27.14mg (2.71%), Vitamin E: 0.33mg (2.22%), Fiber: 0.45g (1.8%), Calcium: 16.14mg (1.61%), Copper: 0.03mg (1.57%), Vitamin D: 0.21µg (1.39%), Magnesium: 5.44mg (1.36%), Vitamin B5: 0.14mg (1.35%), Potassium: 41.21mg (1.18%)