



## Orange & cardamom tree biscuits

 Vegetarian

READY IN



55 min.

SERVINGS



25

CALORIES



96 kcal

DESSERT

### Ingredients

- ☐ 6 cardamom pods
- ☐ 200 g flour plain
- ☐ 50 g rice flour
- ☐ 140 g butter
- ☐ 1 orange zest grated
- ☐ 100 g icing sugar
- ☐ 1 egg yolk

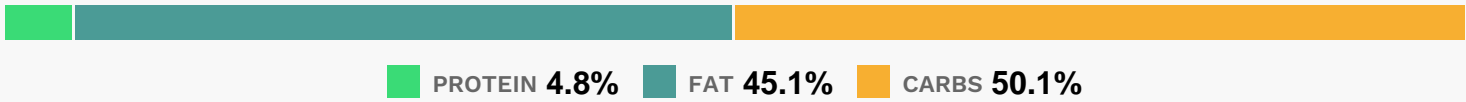
### Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ mortar and pestle
- ☐ cocktail sticks

## Directions

- ☐ Split the cardamom pods and tip the seeds into a mortar, then grind to a powder with the pestle. Tip the flour, rice flour and cardamom powder into a food processor. Chop the butter into small pieces and add to the food processor with the orange zest. Pulse to a fine breadcrumb texture.
- ☐ Add the icing sugar and mix briefly, then add the egg yolk and 1–2 tsp cold water and pulse to a firm dough. Wrap in cling film and chill for 15 mins.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line 2 baking sheets with baking parchment.
- ☐ Roll out half the dough at a time and stamp out 8cm rounds or squares and transfer to the baking sheets. Gather up the trimmings and roll out again to make more biscuits. Use a cocktail stick to make a hole in each biscuit for hanging from the tree. Press a festive rubber stamp into the surface of each biscuit. Chill for 30 mins.
- ☐ Bake for 8–10 mins until just golden and crisp.
- ☐ Transfer to a wire rack and leave to cool.Dust each biscuit liberally with icing sugar, then brush off the excess from the surface, leaving a white imprint on each biscuit. Tie up with pretty ribbon or string and hang from your tree.

## Nutrition Facts



## Properties

Glycemic Index:7.92, Glycemic Load:5.49, Inflammation Score:-1, Nutrition Score:2.056521738353%

## Nutrients (% of daily need)

Calories: 96.43kcal (4.82%), Fat: 4.87g (7.5%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.73g (4.26%), Sugar: 3.94g (4.38%), Cholesterol: 19.82mg (6.61%), Sodium: 36.69mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Manganese: 0.21mg (10.68%), Selenium: 3.5µg (5%), Vitamin B1: 0.07mg (4.58%), Folate: 16.08µg (4.02%), Vitamin A: 152.34IU (3.05%), Vitamin B2: 0.05mg (2.81%), Vitamin B3: 0.54mg (2.68%), Iron: 0.47mg (2.62%), Fiber: 0.45g (1.8%), Phosphorus: 15.71mg (1.57%), Vitamin E: 0.16mg (1.04%)