



Pick & mix lamingtons

READY IN



145 min.

SERVINGS



60

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 1000 g butter softened for greasing
- ☐ 1120 g self raising flour
- ☐ 1000 g sugar
- ☐ 1 tsp double-acting baking powder
- ☐ 16 large eggs
- ☐ 600 ml yogurt
- ☐ 4 tsp vanilla extract
- ☐ 1 jar raspberry jam seedless
- ☐ 560 g coconut flakes

☐ 131 g you will also need: parchment paper

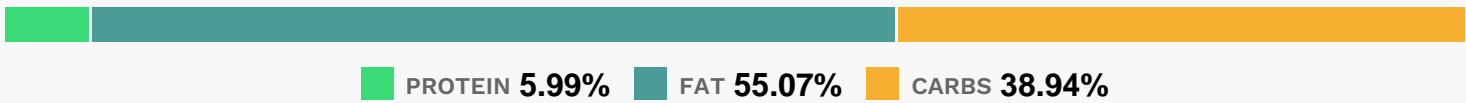
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease and line a 20 x 30cm baking or roasting tin with baking parchment. Beat 250g butter, 280g flour, 250g sugar, tsp baking powder, 4 eggs, a pot of yogurt and 1 tsp vanilla together with an electric whisk until lump-free. Spoon into tin and bake for 25 mins until a skewer poked in comes out clean. Repeat three more times to make 4 sponges. Cool on wire racks. Sponges can be wrapped well in cling film and frozen for up to a month.
- ☐ Trim edges off each sponge, then cut each into 15 x roughly 5cm squares. Warm jam and marmalade until runny, sieving the marmalade of its bits. Tip the coconut onto a tray.
- ☐ Brush each square on the top and sides with either curd, jam or marmalade then dip into coconut. Can be made the day before and stored in airtight containers. Top with love hearts and sit on squares of coloured paper before the wedding.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:20.53, Inflammation Score:-3, Nutrition Score:5.5165217279092%

Nutrients (% of daily need)

Calories: 345.28kcal (17.26%), Fat: 21.54g (33.14%), Saturated Fat: 14.59g (91.2%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 32.26g (11.73%), Sugar: 17.96g (19.96%), Cholesterol: 86.98mg (28.99%), Sodium: 155.5mg (6.76%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 5.27g (10.55%), Manganese: 0.42mg (21.17%), Selenium: 14.34µg (20.49%), Vitamin A: 499.43IU (9.99%), Phosphorus: 81.04mg (8.1%), Fiber: 2.01g (8.04%), Vitamin B2: 0.11mg (6.68%), Copper: 0.12mg (6.17%), Iron: 0.81mg (4.5%), Vitamin E: 0.65mg (4.32%), Vitamin B5:

0.42mg (4.2%), Magnesium: 16.73mg (4.18%), Folate: 16.37µg (4.09%), Zinc: 0.61mg (4.08%), Calcium: 34.96mg (3.5%), Potassium: 110.36mg (3.15%), Vitamin B6: 0.06mg (3.11%), Vitamin B12: 0.19µg (3.1%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.39mg (1.94%), Vitamin D: 0.28µg (1.85%), Vitamin K: 1.31µg (1.25%)