



## Star anise biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



167 kcal

DESSERT

### Ingredients

- ☐ 50 g butter
- ☐ 2 tbsp little demerara sugar light
- ☐ 1 tbsp golden syrup and treacle
- ☐ 0.5 tsp ground star anise
- ☐ 140 g flour plain plus a little extra
- ☐ 0.3 tsp bicarbonate of soda
- ☐ 24 servings little oil for greasing

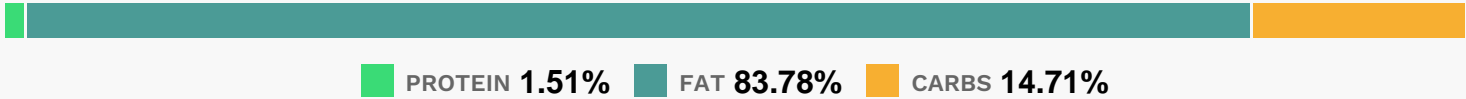
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Put all the ingredients except the flour and bicarb in a pan and heat until melted. Sift the flour and bicarb into a bowl, then stir in the wet ingredients to form a soft dough. Bring together with your hands into a disc, wrap in cling film and chill for 30 mins.
- ☐ Dust a board, then thinly roll out dough. Lightly oil a baking sheet, stamp out 24 x 6cm circles and place on the sheet.
- ☐ Bake for 10–15 mins until golden and firm to the touch. Leave on the tray for 5 mins, then transfer to a cooling rack and allow to cool completely before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.04, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:2.0426087001258%

## Nutrients (% of daily need)

Calories: 167.21kcal (8.36%), Fat: 15.76g (24.25%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.06g (2.2%), Sugar: 1.74g (1.93%), Cholesterol: 4.48mg (1.49%), Sodium: 26.67mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin E: 2.5mg (16.68%), Vitamin K: 10.15µg (9.66%), Vitamin B1: 0.05mg (3.08%), Selenium: 2µg (2.86%), Folate: 10.75µg (2.69%), Manganese: 0.04mg (2.13%), Vitamin B2: 0.03mg (1.75%), Iron: 0.31mg (1.74%), Vitamin B3: 0.35mg (1.74%), Vitamin A: 52.39IU (1.05%)