



Armidale Yoga

Marty's Shortbread

Ingredients

2 x 250g Butter

1 & 1/4 cups of castor sugar

5 & 1/2 cups of plain flour

1 small teaspoon of baking powder

Optional 1 egg and some milk

Optional Whole plain almonds

Cream butter and sugar

Add flour and baking powder (sifted)

Split mixture into two bowls to keep it manageable

Mix each bowl thoroughly to create a ball of pastry dough - but don't overwork it

Form into a cylinder about 5cm diameter, and then slice off each biscuit with a knife

Place biscuits on a very lightly greased baking tray, and if desired, push a whole almond onto the top of each one. If desired glaze lightly with egg and milk mixture to help brown the surface.

Cook in a pre-heated moderate oven (180 Celcius) for about 15 minutes.

Makes around 30 biscuits

Enjoy

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