



## Shortbread Cookies with Flax Flour

### Ingredients

180	ml	Butter, salted, room temperature	3/4	cup
125	ml	Golden flax flour	1/2	cup
125	ml	Icing sugar	1/2	cup
60	ml	Orange juice	1/4	cup
5	ml	Vanilla	1	tsp
500	ml	All purpose white flour	2	cups

1. Cream the butter. Blend in the golden flax flour and icing sugar. Beat on medium for 2 minutes.
2. Add the orange juice and vanilla. Stir to mix.
3. Fold the flour into the batter until just blended. Knead gently as required to hold the dough together.
4. Lightly flour the counter and roll the dough to about ½ cm thick.
5. Cut with a small decorative cookie cutter. Gather remaining dough together, roll and cut. Repeat until all of the dough has been used.
6. Lay on a baking sheet.
7. Decorate with cherries, colored sprinkles or other seasonal decoration.
8. Bake in an oven preheated to 325 F for 15 minutes.

Shortbread cookies are as much a part of the festive season as gifts and eggnog. These delicious cookies provide a small nutritional compliment of fibre to the wonderful flavour of butter and vanilla.

### Nutrient Information Per Cookie

Energy	46 kcal
Protein	0.6 g
Fat Total	2.7 g
Saturated	1.5 g
Monounsaturated	0.7 g
Polyunsaturated	0.3 g
Carbohydrate	5.1 g
Dietary Fibre	0.4 g
Sodium	24 g

