

Christmas Biscuits



Serves	24
Prep time	1 hour
Cook time	12 minutes
Total time	1 hours, 12 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Christmas
From book	The Night before Christmas, Christmas Sticker and Activity Book

Ingredients

For the biscuits:

- 1 cup pure icing sugar (sifted)
- 2 teaspoons vanilla essence
- 1 egg yolk
- 225g unsalted butter (softened and cut into cubes)
- 3 1/2 cups plain white flour (sifted)
- Extra plain white flour (for rolling)

To decorate:

- 2 cups pure icing sugar (sifted)
- Water

To decorate: (Optional)

- McKenzie Chocolate Sprinkles
- Neslte Smarties
- Hopper 100s and 1000s

Directions

1. Preheat the oven to 190 C. Line 2 baking trays with non-stick baking paper.
2. To make the biscuits, place the icing sugar, vanilla, egg yolk and butter into a mixing bowl and beat until the mixture is smooth.
3. Add the flour and mix to a firm dough.
4. Shape the dough into two flat discs and wrap in cling film. Put them in the fridge for 20 to 30 minutes.
5. Roll the dough on a lightly floured surface, until about 1cm thick.
6. Press out the biscuits using Christmas shaped biscuit cutters and place on the baking trays.
7. Bake for 10 to 12 minutes until lightly golden.
8. Once cooked, move the biscuits to a wire rack to cool completely.
9. To decorate, mix the icing sugar with enough water to make a thick spreadable paste.
10. Spread or pipe the icing over the biscuits. Decorate with smarties, sprinkles or 100s and 1000s (optional).



 Christmas Biscuits Decorated

Note

Low Chemical / Failsafe

Decorating Note: Smarties contain amines and salicylates from the natural food colours. Hoppers 100s and 1000s contain salicylates. McKenzies Chocolate Sprinkles contain amines.