Fridge Biscuits



Serves	40-80
Prep time	1 hour
Cook time	10 minutes
Total time	1 hour, 10 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Egg, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold

Ingredients

- 185g unsalted butter (softened and chopped)
- 1 cup brown sugar (firmly packed)
- 1 teaspoon vanilla essence
- 1 egg
- 1 cup plain wholemeal flour
- 1 1/4 cup plain white flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

To decorate: (Optional)

- Cashews
- Chocolate pieces (Amines)
- Pear Jam
- Naturally coloured 100s and 1000s or sprinkles (Salicylates)
- Nestle Smarties (Salicylates and Amines)

Directions

1. Sift together the flours, salt and baking powder, adding the husks back in.

2. In a separate bowl, cream the butter and sugar until light and fluffy. Add the egg and vanilla and beat well. Add the flour mixture and mix until combined and a dough forms.

3. Cut a piece of aluminium foil about 40 cm long and place on a flat surface. Pour half the dough onto the foil and shape the dough into a log about 4 to 5cm in diameter. Repeat with another piece of foil and the rest of the dough.



4. Wrap the logs tightly in foil and put in the fridge until cold.



5. Meanwhile, preheat the oven to 180 C and line a baking tray.

6. Cut the cold dough into 1/2 to 1cm thick pieces and place onto the baking tray. Leave enough room for the biscuits to spread. If decorating push the decorations slightly into the top of the biscuits. If using jam, make a small depression in top of the biscuit and and fill with 1/2 teaspoon jam.



7. Bake 7 – 10 minutes. Leave to cool on the tray.

To freeze:

8. After wrapping the dough in foil, wrap it again in plastic wrap and store in the freezer. The logs will be soft enough to cut through while frozen with a sharp knife (I find a bread knife the easiest). Any left over dough can be re-wrapped in foil and plastic wrap and put back into the freezer.

Note

Low Chemical / Failsafe, Optional decorations - Salicylates and Amines

Variation: add chocolate chips to the dough at step 2. (Amines)