

Nana's Yo Yo Biscuits



Serves	10
Prep time	25 minutes
Cook time	10 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

For the biscuits:

- 120g salted butter
- 120g plain self-raising flour
- 60g pure icing sugar
- 60g Orgran custard powder

For the icing:

- 1 cup pure icing sugar
- 85g butter (softened)

For the icing: (Optional)

- 1 tablespoon cocoa powder

Directions

To make the biscuits:

1. Preheat the oven to 180°C and line a tray with baking paper.
2. Cream the butter and sugar until light and fluffy.
3. Sift the custard powder and flour, and add to the butter mixture. Mix until well combined.
4. Roll the dough into small balls, place on the tray and flatten slightly with a fork.
5. Bake in the oven until lightly browned. Allow to cool on the tray.

To make the icing:

6. Cream the butter, icing sugar and cocoa (if using).
7. Join two biscuits together with icing in the middle.

Note

Low Chemical / Failsafe, Very High Amines if using cocoa.