

lemon and cranberry shortbread

Morning, noon or night Lemon and Cranberry Shortbread is the treat that gives you a little boost.

shopping list

(Makes: 20)

- 180g butter, softened
- 1/3 cup icing sugar
- 3/4 cup dried cranberries (craisins), chopped
- 1 tablespoon finely grated lemon rind
- 1 1/2 cups plain flour, sifted
- 4 scoops Sustagen® Hospital Formula Vanilla
- Icing sugar for dusting

to make

(Preparation time: 15 minutes • Cooking time: 10 minutes)

- 1/ Preheat oven to 170°C (340°F) conventional/ 160°C (320°F) fan forced. In a medium bowl cream butter and sugar until light and fluffy.
- 2/ Stir in cranberries and lemon rind, and gradually mix in flour and Sustagen® Hospital Formula to form soft dough.
- 3/ Roll mixture into 1 tablespoon sized balls and arrange onto a baking paper lined baking tray. Flatten each biscuit slightly with a floured fork.
- 4/ Bake for 10 minutes or until pale golden colour. Remove and place onto a wire rack to cool. Dust with icing sugar.

helpful tips

Storage: Leave to cool completely and store in an airtight container for up to 5 days.

Freeze: Not suitable.

Increased Fibre: Sustagen® Hospital Formula Plus Fibre can be used.

Nutrient	Per Serve
Energy	568kJ
- Calories	136Cal
Protein	2.2g
Total Fat	7.6g
- Saturated Fat	5.0g
Carbohydrate	14.7g
- Sugars	6.0g
Dietary Fibre	0.5g
Sodium	77mg

Dried currants can be used as an alternative to dried cranberries.



Hospital Formula
SUSTAGEN

Recipe Nutrition

- ✓ Delicious snack idea
- ✓ Adds extra calories to your cuppa
- ✓ Bake and share with friends