

BISCUITS

Brief : *Design a high fibre biscuit using the recipe for basic rich biscuits.*

BASIC BISCUIT RECIPE

100g (4oz) Self raising flour
50g (2oz) caster sugar
50g (2oz) margarine
½ - 1 egg beaten
50g (2oz) extra flour

Method

1. Light oven gas 4 / 180°C.
2. Grease baking tray.
3. Mix flour into mixture.
4. Rub fat into mixture.
5. Add egg a little at a time until dough is formed.
6. Roll out and cut into 12 biscuits.
7. Bake for 15-20 minutes.

