

Lavender & Lemon Shortbread

1 serving = 0g protein*

Serves: 18

Ingredients

- 100g butter (room temp.)
- 50g caster sugar
- 175g [Loprofin Mix](#)
- 3 tsp water
- Zest of 1 lemon
- 1 tbsp. dried lavender flowers



Method:

1. Preheat the oven to 180°C.
2. Beat the butter and sugar in large mixing bowl until light and fluffy.
3. Stir in the Loprofin Mix and add the lemon zest and lavender flowers.
4. Using one hand, squeeze the mixture until it comes together, adding sufficient water to give a manageable dough. Transfer to a surface lightly dusted with Loprofin Mix and knead the dough for about 30 seconds until smooth.
5. Roll out the dough to about ½ cm thickness. Continue to dust the worksurface with Loprofin Mix to prevent the dough from sticking.
6. Cut into desired shapes (e.g. stars, hearts, circles, ovals, animal shapes).
7. Transfer the biscuits to a lightly greased baking tray and bake in a preheated oven for 20–25 minutes until pale golden in colour. Remove from the baking tray whilst still warm and cool on a wire rack.
8. If desired, make an icing using icing sugar and water. Drizzle over the cooled biscuits and sprinkle with lemon zest and finely chopped dried lavender flowers.

Chef's Tip

Add some finely chopped mint leaves along with the lavender and lemon for another dimension of flavour.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

The Loprofin Range are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision. This recipe is intended for patients who have been prescribed Loprofin by a healthcare professional.

* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and food labels.