



## Shortbread

*Since going fructose free, I'd have to say this is my all time favourite snack. There's just something about a shortbread finger with a light dusting of dextrose – YUM!.*

### Ingredients

*1 1/3 cup plain flour*

*3/4 cup rice flour*

*1 cup dextrose*

*225g (room temperature) butter*

*Pinch of salt*

*Extra dextrose for the top*

### Method

- 1. Preheat oven to 150°C (300°F) – (non- fan forced)*
- 2. Sift flour, rice flour, and dextrose*
- 3. Rub in butter, then kneed until a smooth paste*
- 4. Push into cool, lined biscuit tray, prick with a fork*
- 5. Bake for 45-60 minutes or until colouring slightly*
- 6. Remove from the oven, cut while still warm*
- 7. Cool on the bench (note biscuits will harden as they cool).*
- 8. Dust with dextrose (finely ground with a mortar and pestle if you have one) and store in an airtight container*