

Jammie Cookies

Serves 12-14

Ingredients

110g plain flour
100g Wholemeal flour
150g low fat spread
75g caster sugar
Finely grated rind of 1 orange
20mls/4tsp reduced sugar strawberry jam
20mls/4tsp reduced sugar apricot jam
20mls/4tsp reduced sugar blackcurrant jam

Method

- 1) Sieve flours into a bowl (including the grains)
- 2) Rub in the low fat spread until resembles breadcrumbs
- 3) Add half the sugar and orange rind
- 4) Knead firmly and work in the rest of the sugar
- 5) Only add a few drops of orange juice if required
- 6) Place dough onto a lightly floured surface and roll out until about 0.4cm in thickness
- 7) Using a 6.5cm cutter , stamp out 24-28 rounds
- 8) Using a 1.3cm cutter, stamp the centre of 12-14 of the rounds
- 9) Put onto a baking tray, well spaced apart and cook in a preheated oven at 180degs for 10-12mins
- 10) Cool on baking tray
- 11) Spread a tsp jam onto 12-14 biscuits and sandwich the biscuit rings onto the jam bases