

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Lebanese Butter Cookies (Ghraybeh)

Ingredients Makes about 30 cookies

125g butter, softened
90g icing sugar, sifted
200g plain white flour
1 tbsp orange blossom/flower water, or to taste
30 whole blanched almonds

Method

Preheat the oven to 160°C. Line two baking trays with parchment or greaseproof paper.

Using an electric mixer beat the butter, icing sugar and orange blossom/flower water until pale and creamy. Gently mix in the flour until just combined.

Roll 2 tsp of the mixture into balls and place on the baking trays. Press a whole almond into each biscuit to flatten it slightly.

Bake the biscuits for 15-20 minutes, swapping the trays half way through baking until pale golden and cooked through. Cool on the trays.

When cool store in an airtight tin or container for up to 1 week.

Per cookie

Cals 56.8
Fat 2.75g
Carbs 10g
Protein 0.9g