

*celebrate*  
LOW GI STYLE  
*summer*

CRANBERRY & PISTACHIO  
SHORTBREAD COOKIES  
RECIPE



the source  
BULK FOODS

# CRANBERRY & PISTACHIO SHORTBREAD COOKIES

## MAKES 24 COOKIES

180g organic white spelt flour  
50g blanched almond meal  
½ tsp pink lake salt  
240g unsalted butter, softened  
140g Low GI Sugar  
100g raw pistachios, chopped  
170g dried cranberries, chopped  
80g white chocolate, melted

## METHOD

Toast the pistachios in a dry pan over medium heat, stirring often. Chop coarsely and set aside.

Combine the spelt flour, almond meal and salt together in a mixing bowl.

In a second bowl use a hand or bench mixer to cream the butter and sugar until pale and fluffy.

Gradually add the flour mixture, beating on low speed until just combined.

Stir in the chopped cranberries and toasted pistachios.

Turn onto a lightly floured surface and knead gently until smooth. Divide the mixture into two.

Place a sheet of baking paper on the counter. Place one half of the dough onto the sheet and form it into a log about 2 - 3 cm in diameter. Tightly roll the baking paper around the log and twist the ends to seal. Repeat the process with the second half of the dough.

Place the logs in the fridge for at least 4 hours.

When ready to bake, preheat the oven to 160°C.

Take each log out of the fridge, unwrap and slice into 7mm thick pieces. Arrange on a baking tray lined with baking paper.

Bake for 14 to 17 minutes, or until the edges turn golden brown.

Once cooled, drizzle lightly with melted white chocolate.

Tip: Uncooked logs can be frozen for up to two months in a freezer container, then thawed overnight in the fridge before baking.

**LOW GI SUGAR** is a fantastic alternative to regular sugar as it is digested and metabolised more slowly. The result of this is a lower and slower rise in blood glucose levels.