

Hi-maize[®] Shortcake Biscuits with Fiber

Ingredient	Weight %
Biscuit Flour (approximately 9% protein)	42.16
Hi-maize[®] 260 or Hi-maize[®] 1043*	12.81
Vital Wheat Gluten	1.70
Sodium Bicarbonate	0.20
Ammonium Bicarbonate	0.11
Powdered Sugar	16.69
Vegetable Shortening	18.22
Skimmed Milk Powder	0.99
Salt	0.60
Water	6.52
Total	100.00

* Hi-maize 1043 and Hi-maize 260 are nutritionally equivalent high amylose resistant starches; availability of each product is region specific.

Provides approximately 8 grams of dietary fiber per 100 grams of cookie

PREPARATION:

1. Sieve flour, Hi-maize[®], gluten, sodium bicarbonate and ammonium bicarbonate together.
2. Cream all the ingredients apart from the flour, mix together in a mixer at lowest speed for 30 seconds and at highest speed for 3 minutes.
3. Add the flour mix and mix 1 minute at lowest speed.
4. Scrape down the bowl and paddle and mix again for 30 seconds at lowest speed.
5. Transfer the dough to a plastic bag to rest for 20 minutes.
6. Mould the dough to the desired shape.
7. Bake the biscuits at 170°C (top and bottom heat) for 7.5 minutes or until golden brown.
8. Cool biscuits on a wire rack.