

# Love Heart Biscuits

Rating: ★★★★★

**Dietary:** VEG, EF, NF  
**Allergens:** Wheat, Dairy  
**Age group:** 12 months+  
**Mealtime:** Mother's Day Menu  
**Difficulty level:** Medium

**Serves:** 25  
**Prep:** 30 mins  
(+30 mins refrigeration)  
**Cook:** 15-20 mins



# Love Heart Biscuits



Vegetarian



Egg Free



Nut Free

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## Equipment

High-speed food processor

## Ingredients

- 150g unsalted butter, slightly softened
- 100g coconut sugar
- 3 tsp (15ml) vanilla extract
- 300g wholemeal spelt flour
- 20g cornflour
- 2 tbsp (40ml) milk of choice

### Raspberry Chia Jam

- 1 ½ cups (225g) frozen raspberries
- 1 tbsp (15g) coconut oil
- 2 tbsp (35g) chia seeds
- 1 tbsp (20ml) maple syrup

## Method

1. Place butter and sugar in the food processor and process until light and fluffy.
2. Add vanilla extract and process further until well combined.
3. Sift together the flour and cornflour and add to the butter mix. Stir until it starts to clump together.
4. Add the milk and mix to form a soft dough. Knead on a floured surface until smooth (adding more flour if dough feels too soft).
5. Shape into a disc, wrap in cling wrap paper and refrigerate for at least 30 mins.
6. In the meantime, prepare the raspberry chia jam.
7. Place the frozen raspberries into a medium saucepan with the coconut oil. Bring to a simmer and cook for 8-10 mins, or until fruit has softened and jammy in consistency.
8. Use a potato masher or fork, to mash the fruit to desired consistency, or use a blender if you prefer a smooth jam.
9. Sprinkle over the chia seeds and the maple syrup and stir to combine.
10. Place chia jam into a heatproof bowl, cover, allow to cool and set in the fridge until chia has thickened the jam.
11. Preheat oven to 180°C and line two baking trays with baking paper.
12. Roll out the chilled dough on a clean floured surface and cut out as many hearts as possible. Continue until all dough is used up. Cut smaller hearts in half of the cut-out hearts (optional).
13. Place the cookies on the tray and bake in the oven for 15-20 mins.
14. Allow to cool completely.
15. Spread cooled raspberry jam between 2 biscuits.

**Storing leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

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## Tips

- ✓ **Prep tips:** If dough seems too sticky, roll out in-between two sheets of baking paper.
- ✓ **Allergies:**
  - For a dairy-free version: Swap butter with coconut oil and milk with coconut, soy or oat milk.
  - For a gluten-free version: Swap wholemeal spelt flour with brown rice flour or a gluten-free flour mix of choice.