

# Whole grain nut shortbread cookies with jam filling

30-40 cookies (depending on size)

🕒 30 minutes

●●● level of difficulty



## Ingredients

For the nut shortbread:

150 g cold butter

225 g plain flour

75 g grated hazelnuts (roasted)

100 g powdered sugar

1 sachet **spermidine**LIFE® **Boost+**

1 egg (size L)

For the filling:

100 g jam (currant/apricot)

1 sachet **spermidine**LIFE® **Boost+**

## Preparation

For the shortbread dough, dice the cold butter and knead it quickly with the flour, nuts, sugar, **spermidine**LIFE® **Boost+** and the egg in a food processor or with your hands to form a smooth shortcrust dough. Form the dough into a ball and let it rest in the refrigerator, wrapped in plastic wrap, for about 30 to 60 minutes. Mix the jam with the **spermidine**LIFE® **Boost+**. Roll out the shortbread on a floured work surface and cut out cookies. Cut out a heart from half of the cookies. Place all the cookies on a baking tray lined with baking paper and bake in a preheated oven at 180 °C hot air for about eight minutes. Let the cookies cool down. Spread the whole cookies with jam and place the heart cookies on top. Optionally serve the cookies sprinkled with powdered sugar.

Tip: If you work quickly, the dough does not need to rest. Can be prepared with different types of nuts.

