



Mince Pies

To make the pastry

250g Fate Low Protein All- Purpose Mix (plus extra for dusting)
1 tsp Ground Cinnamon, (plus extra for dusting)
125g Soft Margarine (plus extra for greasing)
30g Caster Sugar
50ml Water

To make the filling

125g Robertson's Mincemeat (0.8g protein per 100g)
10ml ProZero
1 tbsp Icing Sugar
1 tsp Ground Cinnamon

- Rub the Fate Low Protein All-Purpose Mix, cinnamon and margarine together with your fingertips in a mixing bowl until it resembles coarse breadcrumbs.
- Add the caster sugar to the water and stir until it is dissolved, then add to the breadcrumbs and mix until combined.
- Leave to rest for 10 minutes.
- Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.
- Dust a clean work surface with Fate Low Protein All-Purpose Mix and knead the pastry until smooth.
- Roll the pastry out with a rolling pin to a thickness of 1cm, and then cut out 10 circles and 10 stars with the cookie cutters.
- Place the circles into the greased jam tart tin.
- Spoon the mincemeat evenly between the 10 pastry circles and place a star on the top of each one.
- Brush with the ProZero, and then bake for 20 mins or until golden.
- Leave to cool and then dust with the icing sugar and cinnamon.

