



## DIGESTIVE BISCUITS

You will need 3 or 4 large, flat baking trays that will fit in the fridge.

### What you need:

100g of our everyday flour mix  
25g soft brown sugar  
¼ level tsp guar gum  
¼ level tsp baking soda  
75g butter, cubed  
65g quinoa flakes  
1 TBS flaxseeds  
1 TBS milk



### To Make:

One at a time, ground the quinoa flakes and the flaxseed in a coffee grinder. Tip into a large bowl. Add the flour, guar gum and baking soda to the bowl. Stir extremely well with a hand whisk. With your fingertips rub through the butter until it resembles fine breadcrumbs. Add the sugar and mix to combine (I use my fingertips). Add the one tablespoon of milk. Gently bring the mix together with your hands to form a smooth ball. (You want a dough that sticks together but not one that sticks all over your hands. If you need to add more milk, only add 1 tsp at a time.) Cut the dough in half.

Place each half of dough on a separate sheet of baking paper. Gently press it down with your fingertips. Cover each one with another piece of baking paper. Roll each half of dough to 1-2mm thick. Chill for 30 minutes. After chilling time cut out the cold dough using a 7cm diameter plan cookie cutter, and place on a baking tray lined with baking paper. Use a fork to prick the top of the dough two to three times. Pop this tray back into the fridge for 20 minutes. Preheat the oven to 170°C. Keeping re rolling the remaining dough, chill, and cutting out as above. Bake one tray at a time for 10-12 minutes or until the edges start to turn golden brown (ovens will vary). Cool the biscuits on the tray then move to a cooling rack. Makes about 18-20 biscuits.

**Tip:** Biscuits freeze extremely well and are moreish eaten straight from the freezer. For a special treat try drizzling the top of the biscuits with a little melted chocolate.

\*Adapted from a Jamie Oliver recipe