



SKYE BLUE

Kitchens

DIGESTIVE BISCUITS

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

What you need:

100g of the Baking Bag
25g soft brown sugar
¼ tsp guar gum
¼ 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. Measure out the baking bag flour mix, the gum and baking soda and add to the bowl. Stir extremely well with a 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 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.

Note:

I haven't made these dairy free. But if you want to, I would use almond or soy milk (lite) and Nuttlex Buttery. Measure out the non dairy spread, wrap and pop into the freezer for about 30 minutes before you want to make the biscuits.