



HEALTHY BISCUITS!

Ingredients

4oz soft butter, or margarine

1 oz rapadura, soft brown sugar or xylitol

1 egg

1oz desiccated coconut

4oz chestnut flour

1 teas cinnamon

Chopped dried apricots, raisins, pumpkin seeds, almond flakes and sesame seeds about 4 -6oz.

Or any fruit nuts and seeds of choice.

Method.

Beat the butter, sugar and egg until soft and creamy. Mix in the rest of the ingredients, roll into a sausage and wrap in greaseproof paper. Chill for an hour or longer if you like.

Cut into slices and place on baking sheet, bake in a medium oven until golden brown. Transfer to a tray to cool.

Cooks tips

Instead of the chestnut flour use 1 oz mequite flour, 2oz ground almonds and 2 oz fine maize meal, or 3 oz ground almonds, 2oz cornflour

Nutritionist's tips

Chestnut flour is a fragrant sweet tasting flour rich in minerals. It is usually seasonal and can be found in good health shops in the autumn and spring.