

BISCUITS FOR BREAST MILK

INGREDIENTS

- 1 tbs flaxseed meal
- 2 tbs water
- 125g butter
- 1/2 cup rapadura sugar
- 1 egg
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1 cup organic unbleached wheat or spelt flour
- 1/2 tsp baking soda
- 1 1/2 cups of rolled oats
- 3/4 cup dried apricots (or dried fruit or nuts of your choice)
- 1-2 tbs of brewers yeast



METHOD

- Preheat the oven to 180 degrees and line a baking tray with paper
- In a large bowl mix flax seed meal with the water and then set aside for a few mins
- In a separate bowl cream the butter and the sugar with electric beaters
- Add the egg and continue beating to combine
- Add the flax seed/water mix, cinnamon and ginger. Beat until combined
- In a new bowl sift together the flour, yeast and baking soda then add the oats and your dried fruit/nuts
- Stir the dry ingredients into the wet mix until well combined
- Using a spoon or your hands form the mixture into balls and place onto the baking tray.
- You can press them down with the back of a spoon/fork, or leave them as balls as shown in the picture.
- Bake for 8-10 minutes, or until golden brown.
- Can be enjoyed by breastfeeding mums and hungry people alike!