

FIONA TUCK

NUTRITION WELLNESS YOGA

Simple Oat Biscuits

Yields 12

Cook Time 20mins

Prep: 10 mins

Ingredients:

1 cup buckwheat flour

1 cup rolled oats

1/2 cup desiccated coconut (check its sulphite free)

1 cup coconut sugar

125 g butter

2 tablespoons rice malt syrup

1 tablespoon water

1/2 teaspoon bicarbonate of soda

Directions

1. Place the flour sugar, rolled oats, bicarb and coconut into a bowl, stir to combine.
2. Melt the butter in a saucepan on a low heat and stir in the rice malt syrup and water until combined.
3. Turn off the heat.
4. Add the melted butter liquid to the dry ingredients and mix thoroughly.
5. Using a teaspoon, spoon walnut-sized balls of mixture on a greased baking tray and bake at 175C for 15-20 minutes or until just golden.
6. Leave to cool and harden.