



OREO BISCUITS

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 20 mins

Cook time: 10 mins

Serves: 10 biscuits



INGREDIENTS

• ***BISCUITS***

- 1 cup almond flour
- 1/2 cup cacao powder
- 1/2 tsp baking soda
- 1/4 tsp pink salt
- 1 egg
- 1/4 cup honey
- 1/3 cup coconut oil

CREAM

- 1/2 cup full fat coconut milk (refrigerated overnight and cream scooped from top).
- 1/4 cup coconut oil
- 1 tsp vanilla essence
- 1/4 cup honey

METHOD

• ***BISCUITS***

- Preset oven to 160°C (325°F).
- Combine dry ingredients in bowl.
- In another bowl, combine honey, egg and biscuit coconut oil.
- Add dry ingredients and mix well.
- Place spoonfuls of mixture onto lined baking tray, making 20 balls.
- Press balls with a wet fork (to prevent sticking) to flatten biscuits.
- Bake for 10 minutes, remove from oven and cool.

• ***CREAM***

- Mix cream ingredients until thick and creamy.
- Place into fridge for 20 minutes.
- Once biscuits are cooked and cooled, spread cream onto one biscuit and press another one on top.
- This makes 10 Oreos.