



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 10-12 mins

Makes: 20 biscuits

INGREDIENTS

- ½ cup almond butter
- 1½ cups ground almonds
- ½ cup honey or rice malt syrup
- pinch of pink salt
- ¼ dextrose powder
- ¼ cup desiccated coconut
- ¼ tsp baking soda
- 1 tsp ground allspice
- 1 tbsp ground ginger

METHOD

- Preset oven to 180°C (350°F).
- Line an oven tray with baking paper.
- In a large bowl, combine all ingredients and mix well.
- Roll into walnut size balls and place on baking tray.
- Press each biscuit with a fork to flatten
- Bake for 12 minutes until golden brown.
- Remove from oven and cool on wire rack.

GINGER NUT BISCUITS

