

Nan's Butter Biscuits



INGREDIENTS

- 175g softened butter
- 65g rapadura or raw sugar
- 1 tspn vanilla extract
- 230g plain or gluten-free plain flour
- 70g seed & sultana mix or cranberries & sunflower seeds

This recipe is one of my Nan's, so it's an oldie but it's a goodie. It does have quite a bit of sugar in it, but at least because you're making it yourself - You know there are no additives and preservatives in it.

If your child is used to having a 'sugary' biscuit of some sort in their lunchbox, this is a good alternative. It's melts in your mouth and you can taste the sweetness. Over time, you can gradually reduce the sugar content without your family noticing. If you're up for a refined sugar free version, check out my Yummy Banana Butter Biscuits.

METHOD

1. Mix butter, sugar and vanilla. You can do this in your food processor or with a mixer. It doesn't have to be super creamy.
2. Stir / mix in the flour.
3. Stir through your seeds (or choc chips etc) - this should be like a dough now.
4. Split the dough in half, and place one half on glad wrap or baking paper. Roll into a log - do this for the other half too.
5. Put dough in Fridge for 1 hour.
6. After the 1 hour, heat oven to 180 degrees.
7. Slice each log into rounds about 1 cm thick.
8. Place on lined baking tray.
9. Bake for 12-15 minutes.
10. Cool on the tray.

TIPS

- At step 5, you can freeze the dough. I usually cook one log and freeze the other.
- Store biscuits in a glass jar. They will store for the week.

ANOTHER 2 WAYS TO USE THIS RECIPE

- Add choc chips or nuts for an outside of school snack.
- Add 1-2 tablespoons of cacao powder at step 2 for a chocolate flavour.