



DIGESTIVE BISCUITS



INGREDIENTS:

- 100g wholemeal flour
- 100g oats
- 1 tsp baking powder
- 50g -80g light soft brown sugar (it depends on how sweet you prefer them)
- pinch salt
- 100g softened butter (cut into cubes, kept at the room temperature for 15-30 min)
- ~ 2-3 tbsp milk



PREPARATION:

1. Mix in a bowl the wholemeal flour with the oats, salt, sugar and baking powder.
2. Add the butter cut into cubes and mix it with the rest of ingredients using the tip of your fingers. You've got to get a crumbly composition. Make sure you work quickly, preferably with your cold hands, so that the butter doesn't melt.

Add the milk and mix a few seconds to form a smooth dough. The consistence of the dough must be dense, not as hard as a rock, but also not soft or sticky. It will get harder while in the fridge, but think that you have to be able to roll it.





3. Put the dough into the fridge for 15-20 min (not more than 30 min).
Preheat the oven at 180C.
4. Remove the dough from the fridge and roll out on a flourey surface to around 3mm thickness.



5. Stamp out the desired shapes or cut squares or rectangles using the pizza cutter. Put baking paper on a large tray and carefully move the biscuits on it.



6. Bake for 15 min (12-18 min, depending on the size), until lightly golden but not too brown. Remove the tray from the oven, leave the biscuits on it for 5 min, then move them on a wire rack.



BON APPETIT!