

DJGESTJVE BJSCUJTS



INGREDIENTS:

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

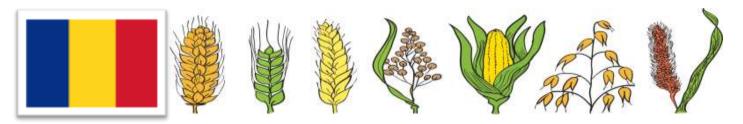


PREPARATION:

- 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 s 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 floury 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 trey from the oven, leave the biscuits on it for 5 min, then move them on a wire rack.



BON APPETIT!