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Honey, cinnamon and apple biscuits

Ingredients

350 grams Plain flour

100 grams Butter

1-1 % tablespoons of cinnamon

1 teaspoon Bicarbonate of soda

4/5 -1 cup Stevia powder (you can use caster if prefered)

4 tablespoons Honey

1 Egg

1/2 cup of dried apple pieces

Instructions

i. Preheat oven to 180 degrees centigrade and line 2 baking trays.

ii. Cut 100 grams of butter into small pieces and place in a large bowl.

iii. Add 350 grams of flour, 1 teaspoon of bicarbonate of soda, cinnamon to taste and stevia to taste, rub it down into the butter so as not to get so covered in the sticky mixture.

iv. Add 1 beaten egg 4 table spoons of honey and dried apple pieces and mix in until you have a firm dough you may need to either add some extra flour to make the mix less sticky or some more honey to help the dough combine.

V. Roll out on a floured board to about 5-l0 mm thickness and use cutters to cut out your biscuits and place them on your baking trays with enough room just encase they spread so they won’t get stuck together.

vi. Bake for 10-15 minutes until golden, they may still be a little soft when they come out but they will harden up.