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RECIPE: ORANGE ALMOND BISCUITS

INGREDIENTS:

- 200gm almond meal
- 3/4 cup xylitol
- 1/4 cup plain flour (can use wholemeal, or gluten free flour)
- 2 egg whites (can use egg replacer, personal preference not relevant to recipe)
- 1 teas vanilla extract/essence
- 1-2 tablespoon orange rind, finely grated
- 1/4 cup almond flakes (or less if only put one on top of each biscuit)
- 1/4 cup milk (enough to soften and bind ingredients)

METHOD:

1. Pre-heat oven to 180 degrees Celsius.
2. Place almond meal, xylitol, flour, egg whites, vanilla and orange rind in bowl. Mix well with electric food mixer or hand held blender for 2-3 minutes or until well combined.
3. Roll tablespoons of the mixture into balls, place on baking tray lined with baking paper and flatten slightly.
4. Top with almond flakes.
5. Cook for 12min or until golden.

Makes 20-24 biscuits