

Gluten free Foundation Biscuits

vegetarian dairy-free gluten-free nut-free Thermomix recipe

This recipe is my mother-in-laws. She always weighs her biscuits individually so that they're roughly the same size and will bake evenly. I now weigh my biscuits before baking too. – Elke Supple.

Makes: 26

Preparation time: 18 minutes + Cook time: 15 minutes

Ingredients

Dry ingredients:

- 125g plain gluten free flour
- 125g wholemeal plain gluten free flour
- 1 tsp gluten free baking powder
- 125g raw castor sugar or 100g Xylitol

Wet ingredients:

- 125g Nuttalex™
- 1 free range egg
- Pinch of salt (optional)



Preparation

- Preheat oven to 170° degrees, no fan.
- Using an electric mixer, mix dry ingredients together with butter till bread crumb appearance.
- On lower speed or with wooden spoon, beat egg lightly and add vanilla to egg mixture. Mixture should combine like pastry.
- Roll into small balls then flatten with fingers into a round biscuit shape (about 20g is a good size). On a lined baking sheet, space out biscuits approx. 4cm apart then press down with a fork to flatten. You'll need two baking trays.
- Bake for about **15 minutes** until light golden. Transfer to a rack to cool.

Preparation (Thermomix)

1. Preheat oven to 170° degrees, no fan.
2. Make castor sugar by grinding raw sugar on **Speed 9** for **3 secs**.
3. Place dry ingredients into bowl and blend for **6 secs**, **Speed 4**. Add butter and blend **6 secs** on **Speed 6** until mixture looks like bread crumbs.
4. Add egg and on **REVERSE speed 4** mix till combined like pastry.
5. Roll into small balls (about 20g is a good size). On a lined baking sheet, space out balls approx. 4cm apart then press down with a fork to flatten. You'll need two baking trays.
6. Bake for about **15 minutes** until light golden. Transfer to a rack to cool.

Note: You can also use oat flour, quinoa flour, whole wheat flour or a combination of these.