

Honey biscuits

Ingredients

- 1 cup **Pure** white rice flour*
- ½ cup cornflour
- 2 tbs honey
- 3 tbs brown sugar
- 2 tbs oil
- 1 tsp gluten-free baking powder
- 1 egg

* Denotes item available from Innovative Solutions on prescription

Preparation method

1. Preheat oven to 180°C/350°F/gas 4.
2. Mix together the flours and baking powder.
3. Beat the eggs, sugar, honey and oil together.
4. Add the flour mix to the wet ingredients and knead to form a pliable dough.
5. Roll the dough out onto a (gluten-free) floured surface and cut into biscuits using a cutter or knife.
6. Place onto a greased baking tray and bake until golden.
7. Turn the biscuits onto a wire rack to cool and store in an airtight container.



10-15 minutes

Preparation time

15 minutes

Cooking time

Makes 12-15

By: Innovative

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