

HONEY BISCUITS

In Ancient Egyptian temples, people offered 'Honey Cakes' to the gods.

These Honey Biscuits are gluten-free and sweetened only by honey.

Ingredients

(Makes 18 biscuits)

- 120g butter, softened (or coconut oil)
- 120ml honey
- 2 eggs, slightly beaten
- 300g rice flour (or barley flour)
- 1/4 teaspoon gluten free baking powder
- 1/4 teaspoon ground cardamom
- 2 teaspoons crushed poppy seeds



Method

Prep:15min › Cook:20min › Ready in:35min

1. Preheat oven to 180 C / Gas 4. Lightly grease a baking tray.
2. Beat butter and honey together in a bowl using an electric mixer until smooth and creamy; add eggs and mix well.
3. Mix rice flour, baking powder and cardamom into creamed butter mixture until dough is just mixed.
4. Roll mixture into small balls, about 1 heaped teaspoon each.
5. Pour poppy seeds into a bowl and press each ball into the seeds, coating half of each ball. Transfer balls to the baking tray, gently pressing to 1/2cm thickness.
6. Bake in the preheated oven until edges are golden, about 20 minutes

Always have permission and supervision from an adult if you're cooking.