



Mo's Yummy Biscuits

Recipe makes:

12 Biscuits

Preparation time:

10 minutes

Baking time:

8 minutes

Nutritional Information	1 Portion
Energy	105kcal
Carbohydrates of which sugars	1.6g 0.4g
Protein	2.1g
Fat	10g

Ingredients:

- 108g ground almonds
- 12g plain flour
- 6g baking powder
- 48g erythritol (or other suitable artificial sweetener for baking that is equivalent to 48g sugar)
- 72g butter, softened

Chefs Tip:

- You can use any similar sized shaped cutters to make your own yummy biscuits.

Method:

1. Preheat oven to 160°C/ fan 140°C/ gas mark 3.
2. Line a baking tray with parchment paper.
3. In a bowl, mix all dry ingredients together.
4. Add butter into the dry ingredients and mix with your fingers until the dough forms a soft ball.
5. Place the dough ball between two large parchment papers and roll with a rolling pin into approximately 1cm thick, then remove the top parchment paper.
6. With a 3cm diameter biscuit cutter, cut out 12 biscuits and place onto the lined baking sheet.
7. Bake in the oven for approximately 8 minutes, or until golden brown.
8. Let the biscuits cool completely before removing from the baking sheet.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.

This recipe has been inspired by Mo from Matthew's Friends.



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