

MACADAMIA NUT APPLE BISCUIT

Ingredients:

260g Macadamia Nut Butter or Almond Butter

60 grams unsalted butter

Organic honey

1 large egg

85 grams Himalayan salt

¼ teaspoon Allspice

¼ teaspoon cinnamon

40 grams coconut flour

1 teaspoon baking soda

1 small diced apple

Method

Preheat oven to 165 degrees C

Place macadamia nut butter in mixing bowl

Melt butter and add to mixing bowl with the egg, honey, salt, all spice, and cinnamon. Whisk well.

Add coconut flour and baking soda and mix well

Add in diced apples and mix by hand

Use a biscuit cutter = a medium size produces 16

Place in baking tray and press down gently

Bake for 15 minutes for a still chewy but well baked result

Remove from oven and cool