

Custard Biscuits

1 cup wholemeal spelt flour

1 cup almond meal

$\frac{3}{4}$ cup of xylitol, or $\frac{1}{2}$ cup black sugar for kids

160g butter

1 egg

5 tbsp of all natural custard powder

1 Vanilla bean or 1 tsp pure vanilla essence (not the artificial cheap stuff)

Cream xylitol and butter together, add egg and all other ingredients. If using a vanilla bean cut the bean in half lengthways, scrape out the contents by running a knife along the insides and place straight in with the mixture.

Roll mixture into balls by using a tbsp to get the right amount of moisture each time and then roll. Flatten between palms and place on baking paper on baking tray.

Bake for 15min in a moderate oven.

These cookies are low in carbohydrates as they only have 1 cup of wholemeal flour and have no refined sugar if you opt for the xylitol. They can be used in moderation 1 per day, as part of a weight loss eating plan.

If on a candida program you need to use the xylitol option

I use a all natural custard powder called “ Just Wholefoods All Natural Custard Powder “ which I buy from an Organic Natural Grocery Store.

It is free of artificial colours flavours and sugars.