

Breakfast Biscuits

With back-to-school, and early mornings once again a reality, this breakfast biscuit is a good alternative to rusks and great to pack in lunch boxes. Debra Batzofin, one of our very successful consultants and also a regular contributor of recipes, contributed this week's recipe which is her Mum's recipe, Faye Batzofin.

NB: Suitable for both the TM5 or the TM31

Total prep time: 20 minutes
Baking time: 15 - 20 minutes
Makes 40 biscuits

Ingredients

200g rolled oats
120g All bran cereal flakes
200g sugar
65g desiccated coconut
240g flour
5ml bicarbonate of soda
5ml baking powder
20ml ground ginger
15ml ground cinnamon
180g canola oil
2 eggs
200g plain yoghurt



Method - Preheat oven to 180°C. Grease 2 baking trays.

1. Weigh all dry ingredients into TM bowl. Mill together **12 sec/speed 8**.
2. Add oil, eggs and yoghurt. Blend together **20 sec/speed 6**. Scrape down the sides of the bowl and blend a further **10 sec/speed 6**.
3. Roll mixture into small balls about the size of a large walnut or place teaspoonfuls onto a baking tray.
4. Bake 15 – 20 minutes. Allow extra baking time for a crunchy biscuit.

Cook's notes

- Substitute plain yoghurt for milk or flavoured yoghurt.
- Substitute sugar for a substitute such as Xlitol

In between her passion for the Arts, Debbie found the Thermomix and her life changed. "It is the most awesome machine anyone could want in their home". She firmly believes that every household should have a Thermomix and has made it her mission to ensure this happens. "I can't cook at all yet with the Thermomix by my side, I was employed as a chef to one of the top businessmen in the country. Only with a Thermomix!!!"

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