

Almond Biscuits V

These almond biscuits have a crumbly-like crunch and a delicious cheesy twist. You can get creative by cutting the biscuits into funky shapes.

Serves	8-10	Per serve	
Prep time	15 minutes	Carbs	4.7 g
Cook time	15 minutes	Protein	5.8 g
Difficulty	●●●	Fat	11.3 g
		Energy	135 Cal

INGREDIENTS

- 2 cups almond meal
- 1 egg
- 2 tbsp grated cheese
(preferably Parmesan)
- ½ tsp salt

METHOD

Pre-heat the oven to 180°C fan (200°C regular).

Place the almond meal, egg, cheese, salt and some freshly ground black pepper in a food processor and pulse until a dough forms. Tip the dough out onto a sheet of non-stick baking paper. Lay another sheet of paper on top and roll the dough out to no more than 5 mm thick (slightly thinner is better).

Carefully peel off the top layer of paper. Using a sharp knife, score the dough deeply into biscuit-sized pieces. Transfer the sheet of paper with the dough to a baking tray and bake for 8-12 minutes until golden and crispy. Transfer to a rack to cool a little, then snap the sheet into biscuits along the score lines. If you prefer more rustic shapes, don't score the dough before baking and just break it into shards once done.

Allow the biscuits to cool completely before transferring to a container with a tight-fitting lid. You can also freeze the rolled-out raw dough - bake the biscuits from frozen for 10-13 minutes or until golden and crispy.

