



GLUTEN FREE EASTER BISCUITS

WHY NOT MAKE SOME OF THESE FOR YOUR NEIGHBOURS OR FRIENDS. A GREAT WAY TO OCCUPY THE CHILDREN AND TO BLESS YOUR NEIGHBOURS TOO!

TRADITIONAL EASTER BISCUITS ARE MADE SPECIFICALLY FOR THE EASTER FESTIVAL; TRADITIONALLY THEY ARE SERVED AFTER CHURCH ON EASTER SUNDAY, AND ARE PRESENTED IN A BUNDLE OF THREE BISCUITS TO REPRESENT THE HOLY TRINITY.

IN SOME PARTS OF THE UK EASTER BISCUITS ARE MADE WITH OIL OF CASSIA WHICH IS A CINNAMON EXTRACT, PARTLY IN THE BELIEF THAT THIS OIL WAS USED TO EMBALM JESUS. I DON'T KNOW HOW TRUE IT WAS BUT WE KNOW THAT MANY OF THE OILS AND SPICES WERE USED IN THE DAYS OF JESUS, SO IT MIGHT WELL BE TRUE.



INGREDIENTS

- 115 g / 4oz butter
- 75 g / 3oz caster sugar + extra for topping
- 1 egg separated
- 200 g / 7oz GF plain flour (simply change to wheat flour if you don't need them to be gluten free)
- 4 drops of cassia oil if you have no oil you can substitute with 1 tsp mixed spice, 1 tsp cinnamon
- 70 g raisins/currants/mixed fruit (this can be left out if you are on a Low FODMAP diet like me)

INSTRUCTIONS

1. Beat the butter, sugar and yolk together
 2. Add the dry ingredients and raisins or currants to make a soft dough
 3. Knead dough on a floured surface – you'll need cold hands for this as the dough is very soft. Roll out dough to about 5mm thick
 4. Using a cutter of your choice, cut approximately 20 biscuits.
 5. Put onto a well greased baking tray with baking paper if possible
 6. Cook in oven 200C/400F/Gas 6 for 10 mins
 7. After 10mins take out and brush with beaten egg white, then sprinkle with sugar and return to oven for a further 5 mins
 8. Leave to cool on the baking tray before removing
 9. Bundle into threes and make little packages to bless your neighbours and friends..
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