

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Seeded biscuits

Suggestions: these biscuits are easy to make and good for autumn because rich in vitamin A, D, K, C, E, B groupe, choline and minerals like manganese, phosphorus, potassium, iron, calcium, magnesium, sodium, selenium and zinc.

Instructions



maize flour



whole flour



potato starch



bicarbonate of soda



yeast

Mix in a bowl some maize flour (cornmeal), whole flour, potato starch with a spoon of bicarbonate of soda and some yeast.

raisins



sesame seeds



linseeds



sunflower seeds

almonds



coconut sugar



Add the raisins that you had previously soaked in warm water so that they are now soft, the sesame seeds, linseeds, sunflower seeds, almonds, coconut sugar and some finely chopped lemon zest.



coconut milk

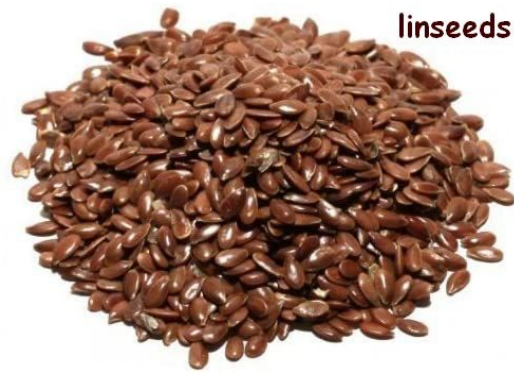


Add the juice of some lemons according to the quantity of the mix, few eggs, the agave syrup and some coconut milk. Make sure that the mix is not too liquid and not too dry and hard. Let it settle in the fridge overnight.

pumpkin seeds



linseeds



When you are ready to bake the biscuits put in an oven dish some small dollops of the mix so to form some nice flat little round shapes and add some pumpkin seeds and some linseeds on top of them with some honey; place the biscuits in the oven at medium heat and leave them until they are cooked.



If you like this recipe, I would like to read your comments!

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