

BUTTER BISCUITS / BOTTER KOEKIES



BOTTER KOEKIES / BUTTER BISCUITS

DIABEET EN BANTING VRIENDELIK

180 g real butter

1 cup Xylitol powder

1 egg + 1 egg yolk

1 cup almond flour

1 cup coconut flour

pinch of salt

$\frac{1}{4}$ tsp Xanthum gum

$\frac{1}{4}$ tsp Phsyllium husks

Cream butter and sugar till creamy and stir through egg and egg yolk. Sift in remaining ingredients and mix well till a dough ball forms. The dough will be quite moist which is absolutely fine. Leave to rest in fridge for 10 minutes. Remove from fridge and roll small pieces of dough into balls, place on a greased baking tray and flatten each ball with the back of a fork. Bake in a pre-heated oven at 180 °C for 20-25 minutes.

Recipe posted by Petra Pretorius Seaton

NB. All people with any type of diabetes who wish to use our recipes, should do so in consultation with their diabetes healthcare team. If you have diabetes it is important to know

your risk factors.