



## BISCUITS

Makes about 4 dozen bite-size biscuits.

If you crave a little snack, I recommend these little bites. They are really easy to make, and they refrigerate and freeze well in a tight fitting container. I confess that I wanted to make them gluten free and I baked them with almond flour. The taste was delicious but cutting was a bit of a challenge; it was crumbling. If you happen to try them with almond flour and are successful, please let me know.

## INGREDIENTS

- 7 tablespoons unsalted butter, cut into small pieces, at room temperature
- 4 ounces mixed dried fruits and nuts, 1 cup (See Note)
- 1 cup old fashioned whole grain rolled oats
- $\frac{3}{4}$  generous cup flour
- $\frac{1}{4}$  cup maple syrup

## PREPARATION

1. Preheat the oven to 350F.
2. Line 8x8 pan with parchment paper extending the paper over the rim to make it easier to lift.
3. In a food processor fitted with the steel blade, pulse the butter, dried fruits/nuts, oats, flour and syrup until the mixture clings to the blade and almost forms a ball.
4. Press into the baking pan, packing the mixture with your hands, smooth the top and straighten the edges. Prick lightly with a fork.
5. Bake for about 30 minutes, or until firm to the touch.

6. Place on a wire rack to cool for 10 minutes. Lift the paper and cut the biscuits with a serrated knife into the size of your choice. I cut them into 1 inch squares.
7. Cool on a wire rack.

## **NOTE**

A mixture of dried fruits and nuts combined are available in small packages.