

Oat and spelt biscuits



These wholesome biscuits are the perfect partner for some Welsh cheeses and you can vary the sweetness by adding more or less sugar.

Serves 15 | **Prep** 15 minutes | **Cook** 15 minutes

Ingredients

110g medium oatmeal
110g wholemeal spelt flour
25g – 50g caster sugar
¼ teaspoon Halen Môn* sea salt
½ level teaspoon bicarbonate of soda
85g butter
1 large egg, beaten

Method

- 01 Mix together the oatmeal, flour, sugar, salt and bicarbonate of soda.
- 02 Rub in the butter with the fingertips then add the egg and mix well.
- 03 Place the dough on a working surface sprinkled with oatmeal. Roll out to about 1cm thick and cut into 7cm rounds.
- 04 Place on a greased baking sheet and bake in oven at 190°C/375°F/Gas 5 for 10–15 minutes until cooked and golden.

