

Mt Eliza Primary School Kitchen Garden Program



Apple Spice Biscuits

Equipment:

Measuring cups and spoons Wooden spoon Large bowl Baking trays Cake rake

Ingredients:

2 and 1/2 cups brown sugar, firmly packed 2/3 cup butter

1/2 cup apple puree

1/2 cup honey

4 egg whites, lightly beaten 5 cups self-raising flour

6 cups Rice Bubbles

4 tsp ground ginger

4 tsp cinnamon

1/2 tsp ground cloves

What to do:

- 1. Preheat oven to 180°C.
- 2. Beat sugar and butter in a bowl with electric mixer until combined and light in colour.
- 3. Stir in apple puree, honey and egg whites until well combined.
- 4. Place the Rice Bubbles into a large plastic bag, secure and use a rolling pin to crush the cereal until the 6 cups of cereal are reduced to 2 cups.
- 5. Stir in the crushed Rice Bubbles, flour and spices and mix until well combined.
- Roll mixture into 4cm balls. Place on the baking tray and flatten each slightly with the back of a fork.
- 7. Bake for approx. 8 minutes or until lightly browned. Cool on a wire rack.