



## Emily & Tina's Granola Biscuits:

My daughter Emily and her friend, Tina, are developing a cookbook for people who have been through bariatric surgery. For obvious reasons, people fitted with a gastric band find eating some things very difficult. These biscuits are simply delicious using Hugo's Granola, and are easy to eat for people who have digestive problems.

### Ingredients for around 16 big biscuits:

175g Softened unsalted butter.

100g golden castor sugar.

1 large egg.

175g sifted self-raising flour.

250g Hugo's Granola (or any granola - if no dried fruit with the granola; 200g granola; 50g dried berry fruit)

A tiny pinch of salt – only a few grains.

About 3 tablespoons of Demerara sugar to sprinkle over the top of the biscuits.

### *Method:*

*Preheat oven to 180°C/Gas mark 4 (bottom right Aga).*

You will need 2 large baking sheets, greased or covered in baking parchment.

In a mixing bowl, whisk the butter and sugar with an electric whisk or your own elbow grease so that the butter turns pale and fluffy. Add the egg and whisk in until combined with the butter and sugar. Then sift in the flour and mix into the batter thoroughly but do not work it too much. Now mix in the granola.

Take a heaped dessertspoon of the mixture and roll the mixture in a ball in your clean hands (you do get a little messy, so use rubber gloves if you like). Place the ball evenly space – with at least 4cm (1 ½") gap from the edges and the next biscuit-ball. Arrange in a row of three ball and then two balls. When you have arranged the balls on two trays – about 10 on each tray – flatten each ball down slightly, and the scatter half a teaspoon of Demerara sugar over each biscuit.

Place the trays in the oven – all at the same time if you have a fan oven, or one at a time if you have a non-fan oven – and bake to a light brown for 12 to 15 minutes. The biscuits will spread out to a slight dome. When baked, place the biscuits on a wire rack to cool – do not be tempted to try one yet; wait until they are cool. The biscuits will be crunchy on the outside, and slightly caky on the inside and extremely moreish.