



Sunflower, oat & apricot biscuits

A lovely combination of nutty sunflower seed flavour with the comforting warmth of oat flour and lightness of coconut. Makes a large batch of biscuits.

Ingredients:

- 150g Sunflower Seed Flour (I use Artisan Mills Sunflour)
- 50g Rosella Wheat Flour
- 50g Oat Flour
- 1 tsp baking soda
- ½ tsp baking powder
- Generous pinch of salt
- 160g rolled oats (I use Burrum Biodynamics Rolled Oats)
- 60g desiccated coconut
- 130g Artisan Mills Sunflour seeds
- 70g dried apricot
- 30g currants
- 130g butter, softened (I use salted)
- 50g brown sugar
- 150g raw sugar
- 100g olive oil
- 2 large, free range eggs
- 1 tsp vanilla extract / a pinch of ground vanilla

1. Preheat the oven to 180°C. Line baking sheets with baking paper.
2. Chop the apricots into a medium dice and set aside.
3. Sift all flours, baking powder, baking soda, salt and vanilla (if using ground vanilla) into a bowl > Add any larger pieces of sunflower seed left in the sieve once everything else has sifted.
4. Add the sunflower seeds, coconut, rolled oats, chopped apricots and currants and mix into the flour blend with a spatula or spoon.
5. In a separate bowl, beat the softened butter, brown sugar and raw sugar until light and creamy, scraping down the sides of the bowl a few times. Add the vanilla (if using vanilla extract).
6. Add the eggs, one at a time, beating well after each addition.
7. Add the olive oil and mix until well combined.
8. Add the dry ingredients to the wet ingredients and mix together.
9. Set the mixture aside for at least 10 minutes to allow the flours to absorb some of the liquid.
10. Drop spoonfuls of onto your prepared trays, leaving room for them to spread.
11. Wet your hands, shake off the excess water and gently shape each biscuit into a disc.
12. Bake for 12-15 minutes, or until each biscuit is golden around the edge.
13. Allow the biscuits to cool for at least 5 minutes on the tray before moving them to wire racks to cool completely.
14. Lovely with a cup of piping hot tea. Great in a lunch box.

Inspired by Pepo Farms Sunflower Biscuits, and using their wonderful Artisan Mills Sunflour. You'll find loads more great recipes on their website.