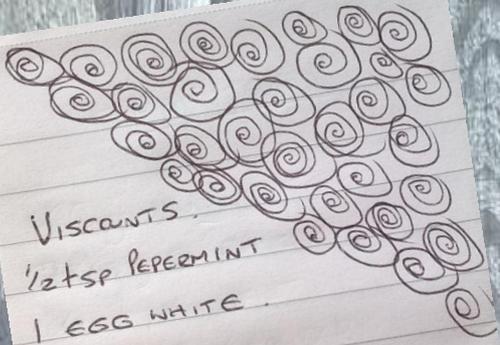


Back to Biscuits



30 Family favourites, no frills ... just gluten free

Rebecca Smith



Viscants
 1/2 tsp Peppermint
 1 Egg White

50g Butter 1 Egg Yolk
 50g Golden Caster
 100g P.F
 50g Rice flour.
 1 tsp Milk
 1/2 tsp Bicarb



200g Compressed Milk
Fig rolls
 1 tsp Vanilla.
 50g Butter ~~80g~~
 1 egg yolk.
 50g G. CASTER.
 Pinch Salt.
 100g P. flour ~~200g~~
~~30g Cornflour~~
~~40-50ml milk~~
 300g DRIED FIGS
 1/4 tsp Bicarb.
 3 tbsp MILK
 12 mins (5) MAKES 12.

Malted Milk.
 1 1/2 tsp vanilla.
 200ml milk. ~~water~~
 80g ~~figs~~
 50g ~~peunes~~
 20g COCO OIL
 100g ~~50g~~ GOLDEN CASTER.
 2 yolks.
 200g P. flour.
 Peune juice 200ml (Reduce)
 Vanilla. 1 tsp.
 80g BUTTER.
 50g POWDERED MILK.

Back to Biscuits

**30 Family favourites, no
frills just gluten free**



Rebecca Smith – Glutarama

www.glutarama.com

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Thank you to my wonderfully supportive friends and family who talked me into writing my first book, also to the staff at my son's lower school for being my guinea pigs and eating good, the bad and the ugly bakes in the lead up to near perfection. Most of all thank you to my husband and my children, for inspiring me, supporting me and simply just being there.

Prologue

I'm a busy mum who, at times, has to drop everything in the blink of an eye. I can't be faffing about with recipes consisting of over 10 ingredients that are nigh on impossible to source, neither can I spend time on long winded methods that take as long as a marathon to prepare. Back to Biscuits is a compilation of simple family favourites that are easy to prepare, have pit-stop points where you can drop and run, whether it's to school, to answer the phone, feed the baby or walk the dog. Plus, most of these recipes can be made in batches, so you don't have to worry about waste and if you plan ahead you could create a diverse biscuit barrel any manufacturer would be proud of!

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Introduction



Welcome and thank you for purchasing my first book. Some of you may know of me already via my website and social media channels but for the purpose of this introduction I'll assume this is our first meeting, virtually or otherwise.

In January 2015 I gave up my career working with young adults after a brief spell of depression and anxiety, quite literally I'd reached my breaking point. Okay, so I was working in a rapidly depleting local government workforce, at constant risk of redundancy. And yes, those of remaining, by the skin of our teeth, were still expected to deliver the same excellent standard of service with less than a third of the staff. However, despite the cuts, my work had been something relatively under my control, my escapism, my other, dare I say 'normal' identity.

You see, I have the two most gorgeous children. One day they will manage to make me even more proud than I already am of them, I know that the path they currently tread is perfect training ground for the two fully rounded, confident, caring adults they will become. It's just that the path sometimes feels like its set at a 75° angle.

My daughter was diagnosed with Type 1 Diabetes at the age of 3 and a half, 18 months later she was diagnosed with Coeliac's Disease and she suffers daily with a non-edible eating disorder called Pica. More recently in April 2019 she was diagnosed with High Functioning Autism.

My son was 18 months old when his sister was diagnosed with Diabetes and I firmly believe this shock to the family was deeply ingrained within him, being the sensitive soul that he is. The Coeliac's diagnosis meant a ripple effect of temporary and long-term restrictions on the whole family. He took a while to adjust and life between the ages 8 and 10 were REALLY tough, he has since been diagnosed with High Functioning Autism, Sensory Processing Disorder (SPD) and ADHD.

Now I thought I was pretty good at multi-tasking and, as I often referred to it, plate spinning. However, following a peak in daily calls in 2015 from both children's schools for my immediate presence being required for 'this and that' I didn't just drop one plate, I nearly went and dropped them all! The next 4 months were spent with me working out which plates to mend, which to leave be altogether and which to put in a box marked 'maybe later'.

My family were my main priority and although it took a while for me to deal with my own internal prejudice of giving up a 15-year career, I believed then, and still do, that things happen for a reason and so I worked on making myself stronger, happier and (and this was the hard bit) taught myself to slow down. During my last weeks at work in April, I had access to a wonderful counsellor. One of her last pieces of advice that spoke volumes to me was 'write things down', and so I did. I wrote and then wrote some more; thoughts, experiences, concerns and observations in a blog I created simply to vent to an invisible audience. But then people started to listen! As I began to feel better my long lost friend BAKING came back to me, and so I baked!

As I baked I realised that I smiled, a bit like someone holding a pose for a camera just that bit too long, but it was a smile nonetheless! My blog began a natural metamorphosis, I started posting my gluten free bakes and people liked them. By June 2015 I had my own website, branding, Facebook and Twitter accounts and a handful of followers. I picked up another plate and started spinning but this time, it was on my terms. Whizz forward a year later and here I am with my first book!

I've told a little white lie, I said on my website that Life's a Drama, and Gluten Free doesn't have to be, I backed that entire notion with a comment about not worrying about perfecting the ultimate gluten free Victoria Sponge, but instead having fun with gluten free baking. I'd like to retract that last bit, if not permanently, maybe just in retrospect for the past few months whilst preparing recipes for this book. You see, I know what a Custard Cream or Bourbon actually tastes like, the glutinous version I mean. This knowledge has driven me slightly battier than normal in my quest to replicate the flavour and texture as closely as I can without starting to involve mad scientist experiments or create chemical reactions!

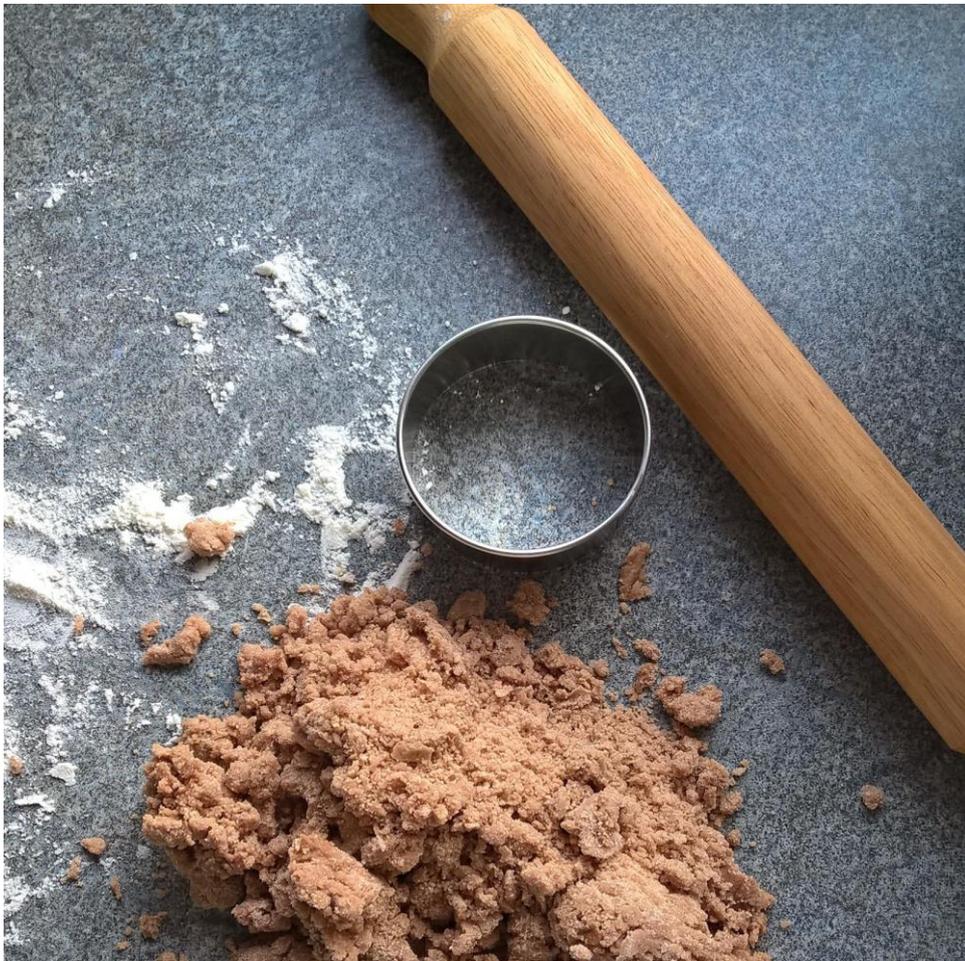
I've made so many biscuits in my quest to find the crunchiest, creamiest or chewiest recipe. I've stored them in tins, plastic containers and food wraps to determine the best methods of keeping them fresh. I've kept dough's in the fridge for days, sometime weeks to check the shelf life of the precooked biscuit. We've all eaten a lot of biscuits, so too have the extended family, friends, the children's teaching staff and the birds.

One last thing before you read on, as mentioned, my daughter is Type 1 Diabetic and with a Diabetic Coeliac the challenge is to carb count her foods (no easy-to-read packaging on a homemade biscuit I'm afraid) so for those interested, I've carb counted each biscuit. I must warn you, I cannot claim this to be an exact science it is a simple calculation taking into account the ingredients used and the yield of the biscuit dough. I have not taken into account fibre content for those who factor this into their calculations. Remember, no two Diabetics are the same, different foods spike different peoples blood sugar levels differently! Apples are like kryptonite to my daughter for example. For any advice of a medical nature please always seek professional medical support.

Rebecca *✍*

Before you start...

Let's get one thing straight, baking should be fun, if you want the family to get involved that's great, if by 'involvement' that means the kids weigh out one ingredient, get bored and don't return until it's spoon licking time, that's fine too. If you're a nervous baker and desperately want these recipes to work for you then stick the kettle on and read through to the end of this chapter packed with tips and equipment, I think you'll find useful. Believe me; I've cut corners and made some bizarre looking things in my time looking nothing like the glossy picture in the recipe book I'm following. But guess what, if it tastes good and nobody's seen the original recipes photo then who cares.



These tips are by no means definitive but sticking to these (dare I say) rules and not cutting corners, tempting as they may seem you should get results you can be proud of.



Equipment must haves

One, preferably two decent baking trays are a must. Try to avoid the type that violently buckle when hot and end up with your biscuits being catapulted across the oven.

Baking paper or parchment or even better silicone baking sheets – I use silicone sheets, these can range in price but last forever and there's no need to grease trays, plus they wipe clean, quick and easy. Failing this, baking paper will be fine but can sometimes still stick to biscuits if you get distracted during the initial cooling process.

Clingfilm, wrap or sealable sandwich bags are perfect to pop the dough into for the chilling process, without it your dough can take on smells from the fridge and dry out too much. Plus, you can take what you need and leave the rest for another day.

Some of my recipes require a food processor; this is a luxury item I am fortunate to have in my kitchen courtesy of my husband and two children who brought me an all-in-one food mixer, processor and blender for my 39th birthday. If you do not have a processor handy, maybe you have one of those smoothie blenders the entire tweeting nation seems to have now, if so then use this. Plan C would be to finely chop ingredients to within an inch of their lives, hard work yes, but think of the work out you'll be getting at the same time.

Tips and Tricks

Tempting as it may be to bake biscuits start to finish in 30 minutes flat, if the recipe says chill the dough, then chill the dough. As you are probably aware, gluten free baking lacks the elasticity of 'normal' flour therefore the dough is more fragile. The chilling process makes the dough happier to handle.

Did you know that if you want a crunchy biscuit you should only use either the egg white or the yolk, using both will result in a more cake like texture as the egg acts as a raising agent. You'll notice that to achieve a good crunch I've omitted either the white or yolk in some of my biscuits.

If you are accustomed to gluten free baking, you will probably be well aware by now that gluten free food seems cruelly stripped of all colour and looks most unpalatable a lot of the time. Little tricks I've learnt to remedy this are to use the yolk in paler dough's, exchange caster sugar for golden caster sugar and if this fails, an egg yolk wash (although this will result in a soft sheen to baking, which in many cases would not be a bad thing at all).

Don't be afraid of your biscuit dough! I was on my third batch of wagon wheel dough, perfecting the recipe, when I suddenly realised that whilst I knew that the crumbly mess that sprawled across the kitchen surface before me would, with a little persuasion, come together beautifully to make a dough. You may assume you've gone wrong somewhere

and scrap the crumbs altogether and start again or add liquid in an attempt to bring the dough together.

The truth is that the warmth of your hands will aid the kneading process naturally bringing the ingredients together as one. If you find this is a bit of a struggle, then you can try one or two little tricks; move the mixture to an area of the work surface that has not be covered with flour and continue to knead. Failing this, wet your hands under the tap, shake to get rid of any excess water and then proceed to knead.

The two photos in this chapter illustrate the before and after shots of me working the wagon wheel dough. These types of dough's do not require chilling to harden the fat and make them more manageable, these are good-to-go straight away, much like the dough I use in my fig roll recipe.

Which Flours to use?

During the trials and testing of each recipe I tended to use shop bought flour blends, these include;

-  Doves Farm Gluten Free Plain and Self Raising Flours
-  Doves Farm Rice Flour
-  Marks & Spencer's All Purpose Flour
-  Own Brand Cornflour (Maize Flour)

Other flours I have used can be bought online or are available via prescription in some areas;

-  Juvela White Mix
-  Glutafin All Purpose Mix
-  Orgran Self Raising Flour

Making Your Own Blend

The issue of flour blends and availability began to worry me, I wanted my recipes to be enjoyed by gluten free bakers across Europe, if not the world so in order to make my recipes achievable to everyone I have come up with a flour blend that I hope is easy to source the ingredients, simple to blend and a success during baking.

Tapioca Flour/Starch – This flour is dual purpose when it comes to gluten free baking. Not only does it add a crispness to bread crusts, it also helps to bind ingredients and as we all know that was the glutens sole job. This binding nature of the flour helps to add chewiness to texture where needed. It can be used to replace cornflour.

Potato Starch (not to be confused with potato flour) – As potato starch can cope with hotter temperatures you're more likely to get a good crisp to a biscuit by baking for longer without the issue of it catching in the oven and burning. The use of potato starch in baking aids a lighter texture to cakes and bakes. As mentioned above this is not Potato Flour which is dried potatoes, ground to make flour. This type of flour is far denser and would result in heavy bakes.

Corn/Maize Flour - Cornflour is one of the most common baking aids, typically used as a thickener (although coconut flour and potato starch can also be used in this way) it's tasteless and perfect added to a biscuit bake to create a crispier bite. My only issue with cornflour on its own is that biscuits can look very pale and unappetising so in many cases ill add golden caster sugar to encourage a sigh golden colour.

Rice Flour – once again this can be used as a thickener in many recipes and features highly in Asian cooking. I use rive flour in recipes where I don't mind another dimension to the texture. It works perfectly in my hobnobs to create a crispy biscuit with a good crumb. Because rice flour can have a slight gritty texture it's best not to use to an excess in cakes or biscuits that need a smoother texture.



Starting at top left: Coconut, Buckwheat, Tapioca, Potato, Rice, Corn

Coconut Flour – A relatively new flour to the scene but a great addition to the gluten free diet due to its higher fibre content (something that can lack in a free from diet). This is not a flour in the true sense of the word as it's quietly literally ground coconut flesh but including it in a flour mix adds a delicate sweetness, and it's low in carbohydrates reducing a post nibble spike in sugars. One word of warning, you cannot substitute

coconut flour for 'normal' flour in a recipe. It's quite like cornflour in that fact that it takes a heck of a lot of liquid to make it work.

Buckwheat Flour – This flour is a super addition to a flour blend due to its high protein levels and antioxidants; I love the fact that it's nothing to do with wheat at all and is in fact a member of the rhubarb family. You can wow your friends and family with that little nuggets of knowledge!

The following flour blend mixes most of the above flours. If you can't source coconut flour, then you can swap for cornflour. I've used this flour blend on all of the relevant biscuits in this book and there's very little difference, maybe a mildly sweeter taste, but may be that's just me? This mix makes 1kg of flour blend;

300g Potato Starch

300g Tapioca Flour

200g Buckwheat

100g Rice Flour

100g Coconut Flour

30g Xanthan Gum

If the recipe calls for self-rising flour, then follow these ratios of 2 teaspoons of baking powder for every 150g/6oz/1 cup plain flour used.

I also want to direct you to two wonderful personal friends who blend their own flours; Kate Dowse – [Gluten Free Alchemist](#) and Vicki Montague – [Free From Fairy](#).

Kate is a master a blending and has tips and advice on her blog [Gluten Free Alchemist](#)

Vicki took things one step further and now produces her blend which can be bought on her website [Free From Fairy](#).

Allergen/Intolerance/Autoimmune Key Guide

Each recipe is accompanied by a quick reference key, all recipes in this book are gluten free but I've identified other allergens. In the case of non-dairy free recipes, you may wish to replace butter or milk with a non-dairy food item of your choice, this will be fine in most cases but, as you may already be aware, in the case of buttercreams for example, you will need to add a little more of the dry ingredients to counteract the naturally softer dairy-free spread.



Gluten Free



Nut Free



Soya Free



Dairy Free - most recipes can be adapted to be dairy free



Biscuit Barrel Basics

Custard Creams

Bourbons

Shortbread

Chocolate & Custard Chequers

Oaty Spice Biscuits

Freezer Biscuits

Ginger Crunch

Viennese Fingers

Viennese Whirls

Avocado Choc Chip Cookies

Malted Milks

Rich Tea

Triple Choc Cookies

Nice Biscuits

Choc & Nut Cookies

Custard Creams

Crispy biscuit, creamy filling, custard flavour undertones, they'll even take a good dunking in your cup of tea, perfection. You can keep this biscuit dough in the fridge for a week and cut off what you need to bake, store baked biscuits in a tin to prevent them from going soft. **Makes approx. 20**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Unsalted Butter
100g Caster Sugar
50g Birds Custard™
1 Egg Yolk

For the filling:

150g Melted White Chocolate
50g Butter
1 heaped tbsp Birds Custard™

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg yolk and combine.
4. Sift in the flour and custard powder and combine.
5. The biscuit dough will be thick but not stiff, if necessary add a little more flour so that you can handle it.
6. Tip onto a floured surface and roll into a ball, cover with plastic wrap and pop in the fridge for at least 1 hour.
7. Once the biscuit dough has chilled it will be easier to roll. Roll to approx. 0.5mm thick.
8. Using a cutter, cut out an even number of shapes to sandwich together. If you do not have an ideal shaped cutter, simply roll out into a sheet and cut rectangles 5x3cm in size.
9. Place on a prepared baking sheet, 8 to a tray should be fine.
10. Cook for 8mins (these catch quite easily)
11. Remove once golden brown and cool for 5mins before transferring to a cooling rack.
12. To make the filling, combine ingredients and spread onto half the cold biscuits, sandwich together – the cream will set within 1 hour. The cream can also be kept in the fridge but you will need to bring it back to room temp to be able to spread it.



Bourbons

It took a while to perfect these, but good things come to those who bake...deeply chocolaty crispy biscuit with a rich chocolate filling. Like the Custard Creams, you can keep this biscuit dough in the fridge for a week store baked biscuits in a tin to prevent them from going soft. **Makes approx. 20**

Cooking time: 10-12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Unsalted Butter
100g Caster Sugar
3tbsp Cocoa Powder
1 Egg Yolk
Pinch of granulated sugar to decorate

For the filling:

150g Melted Dark Chocolate
50g Butter
20g Icing Sugar
1 tsp Cocoa Powder

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg yolk and combine.
4. Sift in the flour and cocoa powder and combine.
5. The biscuit dough will be thick but not stiff, if necessary, add a little more flour so that you can handle it.
6. Tip onto a floured surface and roll into a ball, cover with plastic wrap and pop in the fridge for at least 1 hour.
7. Once the biscuit dough has chilled it will be easier to roll. Roll to approx. 0.5mm thick.
8. Using a cutter, cut out an even number of shapes to sandwich together. If you do not have an ideal shaped cutter, simply roll out into a sheet and cut rectangles 6x3cm in size.
9. Place on a prepared baking sheet, 8 to a tray should be fine.
10. Cook for 10-12 mins
11. Remove and cool for 5mins before transferring to a cooling rack.
12. To make the butter cream, combine the chocolate, butter and icing sugar and spread onto half the cold biscuits, sandwich together – the cream will set within 1 hour. The cream can also be kept in the fridge, but you will need to bring it back to room temp to be able to spread it.



Shortbread

This is one of those recipes that you may have avoided worrying it may crumble to nothing, trust me, it's possible to make and melts in the mouth. I find shortbread tastes fattier the longer it is left and it easily absorbs smells so best to keep in a smell-free tin but not for too long. **Makes 6 large wedges**

Cooking time: 40 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

175g GF Plain Flour

50g Cornflour

50g Caster Sugar (plus extra to sprinkle)

140g Unsalted Butter

Method

1. Preheat the oven to **160C**
2. Weigh out the butter, sugar, flour and cornflour in a bowl and using a rounded knife cut through mixture until it resembles fine breadcrumbs. Don't worry, the mixture will seem too dry!
3. Begin to work the mixture together with your hands, you know it's the right consistency when you make a fist with some of the mixture and it holds its shape.
4. Dust a shallow 20cm cake tin with cornflour and tip the mixture into the tin, don't worry if it still seems too crumbly.
5. Press the mixture firmly into the tin, making sure you've gone to the edges and the dough is as flat as possible.
6. I use the end of a dessert spoon to smooth down the edges to ensure the mixture get right into the sides of the tin.
7. Turn out the unbaked shortbread onto a strong baking sheet (it may need a little persuading!) and prick or decorate as you wish and mark the size of the slices.
8. Bake the shortbread for 35 minutes.
9. Remove for the oven and carefully cut the shortbread with a large sharp knife, sprinkle with caster sugar and return to the oven for another 5 minutes. The shortbread should have a gentle golden tint to it.
10. Remove from the oven and move to a cooling rack – allow to cool completely before eating.



Cooking time: 20 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Chocolate Chequers

The power of an egg! These were created as the result of a failed recipe for Bourbon & Custard Cream biscuits, refusing to bin the rest of the dough, I made these instead and they were fab. These have a slight cakey texture to them, but if they go harder with age, they're more biscuit in texture, it's a win/win situation! **Makes approx.**

24

Ingredients 1

100g Gluten Free Plain Flour
50g Unsalted Butter
50g Caster Sugar
25g Birds Custard™
½ beaten Egg

Ingredients 2

100g Gluten Free Plain Flour
50g Unsalted Butter
50g Caster Sugar
1 ½ tbsp Cocoa Powder
½ beaten Egg

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add half the beaten egg and combine.
4. Sift in the flour and custard powder and combine.
5. The biscuit dough will be thick but not stiff, if necessary, add a little more flour so that you can handle it.
6. Repeat 1-5 but using the cocoa powder this time.
7. Wrap both doughs with plastic wrap and pop in the fridge for at least 30mins.
8. Once the dough has cooled and become easier to handle, roll each flavour out into a long sausage about 1.2-2cm diameter. Cut each sausage into two so you have two of each colour.
9. Place one cocoa and one custard sausage next to each other and layer the alternate colour on top.
10. Cut into chequered coins you should easily get 24.
11. Place onto a prepared baking sheet 8 to a tray and bake for 10-12 minutes until just starting to turn colour.
12. Allow to cool for 5mins before transferring to cooling rack, these are fragile whilst hot.



Oaty Spice Cookies

These were created after I refused to throw away two egg whites; I played about with ingredients and hey-presto! These don't mind going a bit softer as the days go by and the spice flavour intensifies as they age so a tin or tub will do to store these. **Makes approx. 22**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

100g Gluten Free Self Raising Flour
125g Gluten Free Oats
100g Butter
50g Caster Sugar
2 Egg Whites
1 tsp Vanilla Extract
¼ tsp Ground Cloves

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg whites, vanilla extract and combine.
4. Sift in the flour and ground cloves, then add the oats and coconut. Mix to combine.
5. The biscuit dough will be and sticky. The next bit is messy, apologies in advance.
6. Using a teaspoon scoop spoonful of mixture and roll in your palms, the balls should be about the size of walnuts.
7. Place the balls onto a prepared baking sheet and squash down, not they'll look like mini burgers You can easily get 8 to a baking sheet and these will not spread.
8. Cook for 8mins
9. Remove once golden brown and cool for 5mins before transferring to a cooling rack.



Freezer Biscuits

I absolutely love just how versatile these biscuits can be, one batch of cookie dough, split into four can provide a biscuit barrel of tasty variations. These can be made in large batches as they keep well but I always keep some in the freezer for impromptu guests. Who can beat fresh biscuits made to order?

Makes approx. 40-48 in total

Cooking time: 14 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

350g Gluten Free Plain Flour
225g Unsalted Butter
225g Caster Sugar
100g Cornflour
2 Eggs

Some variation ideas:

40g chopped Glace Cherries
1tsp Cinnamon
1tsp Ginger
Zest of 1 Lemon
Zest of 1 Orange
40g Chopped Chocolate (milk, dark, white)
40g Candied Peel
40g Candied Ginger

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale then beat in the eggs.
3. Finally add the flour and cornflour and combine.
4. Tip onto a floured surface and roll into a ball (this dough will be very soft before chilling) cover with plastic wrap and pop in the fridge for at least 30mins.
5. Whilst you're waiting for the dough to chill prepare your flavours.
6. Once the dough has chilled divide into quarters and add the flavours to each, kneading gently to incorporate.
7. Roll each quarter into a sausage shape about 5cm in diameter and 10cm long.
8. Wrap each shape in foil and pop into the freezer for at least 1 hour.
9. Once the dough is solid you can cut into thick coins (you'll get approx. 10 biscuits per quarter).
10. Add to a prepared baking sheet 8 at a time. Bake in the oven for 14mins until golden brown.
11. Remove from baking sheet and allow to cool completely.
10. Any leftover dough can go back in the freezer for another day.



Ginger Crunch

These ginger biscuits pack a generous ginger punch to them and I played with the ingredients until I got the hard snap to each bite. As with many spiced bakes these get better with age and are very well-behaved when it comes to storage.

Makes approx. 8

Cooking time: 12-15 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
150g Rice Flour
80g Unsalted Butter
100g Light Brown Sugar
1 Egg White

4tsp Ground Ginger
3tbsp Water
1tbsp Golden Syrup
Generous pinch of salt
1 tsp Bicarbonate of Soda

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg white, water, golden syrup and mix to combine.
4. Sift in remaining ingredients and combine. The oil will make this dough come together and make the next stage much easier.
5. Take a teaspoon of the dough and roll using your palms into a walnut sized ball.
6. Place on a prepared baking sheet and press down each ball gently to about 1cm thickness, 8 to a tray should be fine as these should rise but not spread too far.
7. Cook for 12mins by which time they should have changed to a rich golden colour. To test if cooked, press a biscuit gently and if there is a subtle 'give' in the biscuit you should be fine to transfer to a cooling rack
8. Once totally cool the biscuits will have gone completely hard and will have a good strong bite to them.



Viennese Fingers

Both of the Viennese recipes in this book took a considerable amount of time perfecting but I was determined to succeed, and these sweet treats definitely bring the pizzazz to a tea table. They will keep for a day so can be made in advance. **Makes approx. 10-11**

Cooking time: 18-20 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
20g Cornflour
100g Unsalted Butter
40g Icing Sugar
1 Egg Yolk
½ tsp Vanilla Extract
¼ tsp Baking Powder
100g Plain Chocolate

For the filling:

110g Chocolate Spread
40g Icing Sugar
50g Unsalted Butter
2 tsp Hot Water

Method

1. Preheat oven to **170°C**
2. In a large bowl or mixer cream together the butter and sugar until light and fluffy.
3. Add the egg yolk and combine.
4. Sift in remaining dry ingredients and combine. This will come together as a thick batter.
5. Spoon the batter into a piping bag with a large star nozzle.
6. Pipe 5 inch/12 cm lines onto a baking sheet, hold the nozzle close to the baking sheet to create a thicker line.
7. These do not increase in size by much so you should be able to fit 8-10 to a sheet.
8. Bake in the oven for 18-20 minutes until a delicate golden brown.
9. Remove from oven, allow to cool for 5 mins then transfer to a cooling rack.
10. Once completely cool, melt the plain chocolate and dip both ends of each biscuit. Allow to set completely.
11. To make the filling combine all the ingredients in a bowl and beat until light in colour and fluffy.
12. Spoon the filling into a piping bag with a star nozzle and pipe half the fingers then sandwich with the other halves.
13. To decorate dust with a little icing sugar.



Viennese Whirls

Like the fingers these biscuits had me pulling my hair out, but I took a batch to a family gathering and my brother-in-law devoured them almost entirely to himself and didn't even realise they were homemade and gluten free!

Makes 8

Cooking time: 18-20 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

120g Gluten Free Plain Flour
30g Cornflour
100g Butter
50g Icing Sugar
1 Egg White
½ tsp Vanilla Extract
¼ tsp Baking Powder

For the filling:

50g Unsalted Butter
150g Icing Sugar
2 tsp Hot Water
½ tsp Vanilla Extract
3 tbsp Seedless Strawberry Jam

Method

1. Preheat oven to **170°C**
2. In a large bowl or mixer cream together the butter and sugar until light and fluffy.
3. Add the egg white and combine.
4. Sift in remaining dry ingredients and combine. This will come together as a thick batter.
5. Spoon the batter into a piping bag with a large star nozzle.
6. Pipe circles 2.5 inch/6 cm wide, start on the edge and work your way into the middle.
7. These do not increase in size by much so you should be able to fit 8-10 to a sheet.
8. Bake for 18-20mins until firm and just starting to turn colour.
9. Whilst waiting for the biscuits to bake, heat the jam in a microwave until it just starts to boil, remove and set aside to cool. This will give the jam a thicker, stickier consistency.
10. Remove from oven and transfer to a cooling rack.
11. To make the cream filling combine the butter, sugar, water and extract and beat until light and fluffy.
12. Spoon the cream into a piping bag with a circle nozzle, pipe four dollops onto half the biscuit and then a fifth dollop in the centre.
13. With another piping bag and a smaller circle nozzle pipe four jam blobs in the remaining gaps around the edge and sandwich these with the remaining biscuits.
14. To decorate, dust lightly with icing sugar.



Avocado Choc-Chips

Like a few of Glutarama's recipes, these biscuits started out as an over-ripe item of food! I refused to throw an avocado away, hey-presto biscuits. These are best eaten on the day if you wish to enjoy the oozy chocolate version. **Makes approx. 22**

Cooking time: 10 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free



Dairy Free

Ingredients

1 large ripe Avocado (200g)
160g Gluten Free Self Raising Flour
50g Butter
200g Caster Sugar
2 Eggs separated
40g Cocoa Powder
100g 70% Dark Chocolate

Method

1. Preheat oven to 190°C
2. Cut avocado in half, remove stone and scoop out flesh, add to mixer/bowl.
3. Cream together the avocado and sugar until pale green! Trust me!
4. Add the egg yolks and combine.
5. Sift in flour and cocoa and combine. Add the chocolate that has been roughly chopped. Set aside.
6. In a separate bowl, whisk the egg whites to a soft peak.
7. Fold the whites into the chocolate mixture
8. Place generous dessert spoonful's of mixture onto a baking tray, 6 to a tray will be fine.
9. Cook for 10mins until well risen and have a little bounce to the touch.
10. Remove from oven and transfer to a cooling rack.
11. Decorate with icing sugar.



Malted Milks

This is the recipe that started the whole book. I believed that malt flavouring could be imitated gluten free and I wasn't going to give up until I'd worked it out. These do keep for a couple of days and I find the malty flavour intensifies. **Makes approx. 22**

Cooking time: 10 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
60g Golden Caster Sugar
1 Egg Yolk
3tbsp Boiling Water

50g Marvel Milk Powder™
¼ tsp salt
¼ tsp Bicarbonate of Soda

For the 'malt' extract:

200ml Prune Juice
1tsp Vanilla Extract

Method

1. Preheat oven to 190°C
2. To make the extract, pour the prune juice into a saucepan, bring to the boil and allow to boil rapidly for 8 mins. Remove from the heat, add the vanilla extract and leave to cool. Liquid will thicken once cool.
3. Cream the butter and sugar in a bowl until light.
4. Add the egg yolk and combine.
5. Mix the Marvel Powder with 3tbsp of boiling water to a paste, add to the bowl.
6. Sift in flour, salt, bicarb and add 4tsp of the cooled 'malt' extract. Mix to combine.
7. The dough will be slightly wet and difficult to roll so you will need to cover and chill for at least an hour.
8. Once firm enough, roll to approx. 5mm thick and cut into any shape you desire. I've found these interchangeable cookie letters so I can write all manner of messages on my biscuits now!
9. Cook for 10-12mins, to get the right crisp, melt in the mouth biscuit, these need to go almost too golden brown.
10. Remove from oven and transfer to a cooling rack.

The good news! You'll have plenty of 'malt' extract left and as long as you pour it into a well-sealed tub, it will keep for months so Malted Milk censorship can now be a thing of the past!



Rich Tea

I won't lie; I was pleased as punch about these biscuits. An all-time childhood favourite and now you can enjoy it gluten free. These store well in any container for up to three days. As a variation you might like to add a dollop of jam to one of your sandwich. **Makes approx. 30**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
50g Rice Flour
50g Butter
40g Golden Caster Sugar
1 Egg separated
100ml Milk
Generous pinch of salt
¼ tsp Bicarbonate of Soda

Method

1. Preheat oven to 190°C
2. In a large bowl add the flours, butter, sugar salt and bicarb and work with your fingertips into fine breadcrumbs.
3. Add the egg yolk and repeat with the crumbling until incorporated.
4. Make a well in the middle of the crumbs and add the milk. Using a rounded knife stir through the mixture until the crumbs come together to form a crumbly dough.
5. Tip mixture onto a lightly floured surface and knead gently.
6. Roll out a thinly as possible approx. 2-3mm.
7. Place on a baking sheet, (8 should be fine) and prick each biscuit with the end of a skewer.
8. Brush each biscuit with the egg white.
9. Cook for 10mins, they should go a deep golden brown.
10. Remove from oven and transfer to a cooling rack. Allow to cool completely.
11. Once cooled place the cooling rack (if cooling rack is not suitable to go in oven, pile biscuits onto a baking sheet) with the biscuits back in the oven which should still be hot after baking.
12. Leave for an hour to dry out the biscuits, this method is similar to twice baked biscuits but without the oven actually being on.



Triple Chewy Choc

These are a hybrid of a cookie and a brownie. They have a delicious chewiness to them and they're dairy free if you use a dairy free chocolate. Yes, they do keep for a couple of days but we find they don't last that long, tin or tub for storage is fine. **Makes approx. 28**

Cooking time: 10 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free



Dairy Free

Ingredients

200g Gluten Free Plain Flour
100g Apple Sauce
100g Caster Sugar
2 Eggs
50g Cocoa Powder

3tbsp Cold Water
3tbsp Vegetable Oil
100g of each Milk / White/ Dark
Chocolate

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the apple sauce, sugar, eggs and coco powder.
3. Add the water and vanilla extract and combine.
4. Sift in the flour and mix, this mixture will be a sloppy brownie-like mixture.
5. Roughly chop the three different chocolates, try not to leave the pieces too big of else your cookies won't hold their shape.
6. Using two dessert spoons dollop spoonful's of the mixture onto a baking sheet, keep it to 6 per sheet as these will spread.
7. Cook for 8mins.
8. Remove from oven and leave to cool on the baking tray for 5-10mins before transferring to a cooling rack. The copious amounts of chocolate make this a fragile biscuit to handle when hot.
9. To decorate mix 1tsp of each coco powder and icing sugar and sift over the biscuits.



Nice Biscuits

Another family teatime favourite in many households, this biscuit is delicately flavoured with coconut and has a crispy crunch to it, watch out, they're morish. **Makes approx. 20**

Cooking time: 12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
50g Unsalted Butter
50g Caster Sugar
50g Desiccated Coconut
1 Egg White
½ tsp Bicarbonate of Soda
Granulated sugar to sprinkle

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg white and combine.
4. Add the flour, bicarb and coconut and mix thoroughly, this will combine to make a sticky dough.
5. Cover and pop into the fridge for at least an hour to chill to make the dough easier to handle.
6. Using a 2 inch/6 cm cutter, cut out 18-20 biscuits, I've used a circle shape here but the choice is yours.
7. If you can, get hold of some cookie letter stamps, they're great fun and I've used them for all manner of bakes.
8. Place on a prepared baking sheet, 8 to a tray should be fine as these do not spread. Sprinkle the top of each biscuit finely with granulated sugar.
9. Bake for 12mins, they will go little golden in colour and will hardly rise.
10. Remove from oven and cool for 5mins before transferring to a cooling rack.

If you desire a more coco nutty flavour you can substitute 50g of plain flour for 50g of coconut flour



Choc & Nut Cookies

Another family teatime favourite in many households, this biscuit is delicately flavoured with coconut and has a crispy crunch to it, watch out, they're morish. **Makes approx. 20**

Cooking time: 12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
50g Unsalted Butter
50g Caster Sugar
50g Desiccated Coconut
1 Egg White
½ tsp Bicarbonate of Soda
Granulated sugar to sprinkle

Method

11. Preheat oven to [190°C](#)
12. In a large bowl or mixer cream together the butter and sugar until pale.
13. Add the egg white and combine.
14. Add the flour, bicarb and coconut and mix thoroughly, this will combine to make a sticky dough.
15. Cover and pop into the fridge for at least an hour to chill to make the dough easier to handle.
16. Using a 2 inch/6 cm cutter, cut out 18-20 biscuits, I've used a circle shape here, but the choice is yours.
17. If you can, get hold of some cookie letter stamps, they're great fun and I've used them for all manner of bakes.
18. Place on a prepared baking sheet, 8 to a tray should be fine as these do not spread. Sprinkle the top of each biscuit finely with granulated sugar.
19. Bake for 12mins, they will go little golden in colour and will hardly rise.
20. Remove from oven and cool for 5mins before transferring to a cooling rack.

If you desire a more coco nutty flavour you can substitute 50g of plain flour for 50g of coconut flour





Childhood Memories

Jaffa Cakes

Wagon Wheels

Chocolate Hobnobs

Fig Rolls

Mint Viscounts

Iced Gems

Jammy Dodgers

Party Rings

Jaffa Cakes

These will knock your socks off, soft 'cake' base, twangy orange jelly and thick dark chocolate just like the original but bigger and better. These will go harder (after all they are actually cakes) as the days go by but I've kept mine in a plastic container for up to 3 days.

Makes approx. 24

Cooking time: 15 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free



Dairy Free

Ingredients

75g Gluten Free Plain Flour
75g Gluten Free Self Raising Flour
90g Caster Sugar
4 Eggs separated

1 block of Orange Jelly
3 heaped tbsp. Marmalade (without peel)
300g Dark Chocolate broken into squares

Method

1. Preheat oven to **180°C**
2. In a large bowl or mixer whisk the egg whites into stiff peaks.
3. Add the egg yolk and fold in gently to combine.
4. Sift in the flours and again fold gently to combine trying not to knock out too much air.
5. Drop a dessert spoonful of mixture onto a prepared baking sheet tease the mixture into circles approx. 6cm wide – 6 to a sheet will be plenty.
6. Pop into the oven for 15mins until just turning golden brown.
7. Remove from oven and transfer to a cooling rack. Continue with remaining mixture.
8. In the meantime, you can be getting on with the jelly. Cut the block into squares and place in a measuring jug. Pour over boiling water up the ½ pint level, add 3 heaped tbsp of marmalade, stir until completely melted (if you end up with few stubborn blobs microwave for 30s)
9. Line a baking/roasting tin with Clingfilm (I used a 26x19cm tin. Pour jelly into tin and place in fridge to set.
10. Once set, use a cutter to cut out 24 circles and place a jelly circle onto the flat side of each cake base. Tip: allow to return to room temperature or else the next stage gets a bit tricky.
11. Melt the chocolate in the microwave and using a teaspoon drizzle over the cake and jelly, carefully smoothing to the edges.
11. To get the decorative pattern, simply lightly drag a fork across the chocolate in one direction turn the biscuit 90° and repeat.



Wagon Wheels

I won't lie; I was pleased as punch about these biscuits. An all-time childhood favourite and now you can enjoy it gluten free. These store well in any container for up to three days. As a variation you might like to add a dollop of jam to one of your sandwich. **Makes approx. 8**

Cooking time: 10 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
50g Butter
50g Golden Caster Sugar
1 Egg White
2 tsp Cocoa Powder

Generous pinch of salt
¼ tsp Bicarbonate of Soda

For the filling/coating:

100g Marshmallows
300g Milk Chocolate

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg white and combine.
4. Sift in remaining ingredients and combine. The mixture will be very crumbly. Take some mixture in your hand and make a fist, if it moulds it's fine, if not add a tsp of water.
5. Tip the crumbly mixture onto a lightly floured surface and knead. As mentioned in the Tips and Tricks section, the heat from your hands will encourage the mixture into dough.
6. No need to chill so gently begin to roll out, it may crack a little but not to worry, you can tease these minor cracks back together. The dough will need to be 5mm thick.
7. Using a 3 inch/8 cm cutter, cut out 16 circles to. Using a fork gently prick the entire top of each biscuit.
8. Place on a prepared baking sheet.
9. Cook for 10mins, they will change little in colour and will hardly rise.
10. Remove from oven and transfer to a cooling rack.
11. To make the filling, pop the marshmallows into a bowl and heat in the microwave for 30 seconds on 700-750W (times/Watts vary)
12. Dollop a spoonful of marshmallow in the centre of half the biscuits and sandwich together, leave to set.
13. Dip the edges of the sandwiched biscuit into a bowl of melted chocolate quickly using a dip and turn method.
14. Place on a baking sheet and Cover the top of the biscuit, to make the pattern effect simply sweep the spoon gently side to side in a zig-zag fashion.
15. Allow to cool and set completely in the fridge, repeat the last step for the underside of the biscuit.



Chocolate Hobnobs

This recipe I approached with the utmost respect! A popular dunking biscuit with the inevitable crumbs ending up all down your front. Amazingly I nailed it with my first attempt, and it's certainly been very popular every bake since! **Makes approx. 24**

Cooking time: 15-20 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

100g Rice Flour

50g Unsalted Butter

50g Demerara Sugar

1 Egg White

50g Gluten Free Oats

¼ tsp Salt

¼ tsp Bicarbonate of Soda

For the coating:

150g Milk Chocolate

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg white and combine.
4. In a food processor (or smoothie blender) blitz the oats for 15-30 seconds to break the grains down in size.
5. Add the oats, rice flour, salt and bicarbonate to the butter mix and combine.
6. Tip the slightly crumbly mixture onto a lightly floured surface and knead.
7. Using a 2.5 inch/6 cm cutter, cut out 24 circles.
8. Place on a prepared baking sheet, 8 to a tray should be fine as these do not spread.
9. Cook for 15-20mins, these will go golden in colour and need a long bake to achieve the crisp snap required.
10. Remove from oven and transfer to a cooling rack.
11. To make the topping simply heat the chocolate broken into squares in the microwave for 60-90 seconds on 700-750W (adjust for your microwave)
12. Dollop a spoonful of chocolate in the centre of each biscuit and tease to the edge with the back of a teaspoon don't do the pattern yet, finish adding all the chocolate to each biscuit first.
13. Go back to the first biscuit and with a toothpick of a fork, drag line patterns across the chocolate one way, then across the lines to create a dragged chequerboard effect.
14. Allow chocolate to set completely.



Fig Rolls

I grew up loving fig rolls and confessing to eating so many my tummy would hurt, less said about that the better. Given my love for these biscuits, I did not stop baking until I was completely satisfied, they keep well in any container and age well too. **Makes approx. 12**

Cooking time: 12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
30g Cornflour
60g Butter
50g Golden Caster Sugar
1 Egg Yolk
1 tsp Vanilla Extract

3 tbsp Milk
Generous pinch of salt
¼ tsp Bicarbonate of Soda

For the filling:

300g Dried Figs
1-2 tbsp water

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg yolk and combine.
4. Sift in remaining dry ingredients and combine. The mixture will be very crumbly. Add the milk 1 tbsp at a time until the mixture comes together.
5. Tip the dough onto a lightly floured surface and knead. If a little sticky from the milk just add more flour to your surface, but not too much, this dough needs to be pliable. Cover with a wet tea towel and put to one side.
6. To make the fig filling be sure that none of your figs have tough ends to them, if so, top and tail them with scissors.
7. Pop the figs into a food processor with the 1-2tbsp of water and blitz into a paste. This paste is like the 'old' fig rolls, rather than the ones that have fig jam in them these days.
8. Return to your dough and gently roll on a lightly floured surface into a rectangle approx. 30x15cm. Add the fig paste to the centre of the dough and gently roll. Make sure the seal is on the underside of the biscuit.
9. Cut the dough roll into 12 and using the back of a fork press each roll to achieve the desired line effect.
10. Pop into the oven for 12-14 mins, removing once you just start to get a hint of colour at the edges.
11. Transfer to a cooling rack and allow to cool completely.



Mint Viscounts

I'm almost embarrassed to say that like the Hobnobs, these were fabulous on my first attempt, I knew just what needed to be in the biscuit to get the slightly dry crunch to complement the rich mint fondant Sadly these do not keep well so sorry, you'll have to eat them all up in one sitting! **Makes approx. 14**

Cooking time: 10-12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

100g Gluten Free Plain Flour
50g Rice Flour
50g Butter
50g Golden Caster Sugar
1 Egg Yolk
1 tbsp Milk

Generous pinch of salt
½ tsp Bicarbonate of Soda

For the filling/coating:

½ tsp Mint Flavouring
1 Egg White
150g Icing Sugar
300g Milk Chocolate

Method

1. Preheat oven to **190°C** In a large bowl or mixer cream together the butter and sugar until pale. Then add the egg yolk, milk and combine.
2. Sift in remaining ingredients and combine. The mixture should come together fairly well, if in doubt squeeze some in your fist to check it moulds. If not, add a drop more milk.
3. Tip the dough onto a lightly floured surface and knead gently.
4. Using a 2.5 inch/6 cm cutter, cut out 14 circles.
5. Place on a prepared baking sheet, 8 to a tray should be fine.
6. Cook for 10-12mins, they should go a little golden in colour. Remove from
7. oven and allow to cool for 5mins before transferring to a cooling rack.
8. In the meantime, make the mint fondant. Add the 150g Icing sugar to a bowl and slowly spoon in the egg white, mixing all the time to get the right 'modelling dough' type consistency, add the mint flavouring to taste (1/2 tsp is just a guide)
9. Once thoroughly combined, cut the mint fondant into 14 and roll in balls, squash them flat into 2inch/5cm coins and pop onto of each biscuit.
10. Melt the chocolate and dip each biscuit, base first into the chocolate and place on a backing tray or chopping board that fits in the fridge.
11. Then using a teaspoon dollop the remaining chocolate on the biscuits covering the fondant. To finish use the back of the spoon and zig zag across the top to decorate.
12. Pop in the fridge for an hour to set.



Iced Gems

The children loved these and my nephew, who normally shies away from my baking devoured the lot on one occasion, therefore these must be good! These will keep for a few days and the icing gets crunchier each day **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

250g Gluten Free Plain Flour
60g Unsalted Butter
30g Golden Caster Sugar
1 Egg Yolk
125ml Milk

½ tsp Salt
1tsp Bicarbonate of Soda

For the topping:

1 Egg White
1tsp Lemon Juice
300g Icing Sugar

Method

1. Preheat oven to 190°C
2. In a large bowl rub the butter into the flour to make fine breadcrumbs, stir in the sugar, salt and bicarb.
3. Add the egg yolk and using a rounded knife combine into the breadcrumbs.
4. Slowly pour the milk into the crumb mixture stirring with the knife and continue until the breadcrumbs clump together.
5. Tip the crumbly mixture onto a lightly floured surface and knead. As mentioned in the Tips and Tricks section, the heat from your hands will encourage the mixture into dough.
6. Using a 1 inch/2 cm cutter, cut out approx. 80 tiny biscuits
7. Place on a prepared baking sheet, these keep their shape perfectly so stick as many on the sheet as possible or else you'll be there all day!
8. Cook for 10mins, until they just start to get a golden glow.
9. Remove from oven and transfer to a cooling rack.
10. To make the icing combine the egg white with the lemon juice and icing sugar. On this occasion I separated the icing into 4 separate bowl and add a few drops of pink, purple and yellow to three.
11. Using a small star nozzle pipe a dollop of coloured icing onto each tiny biscuit
12. Stand back, admire and smile, they're gorgeous!



Jammie Dodgers

This was one of the first family requests when I said I was making this book. I love the chewy jam in the middle and have to nibble to edges so the jam is last! These will keep for a day and maybe more in a tin, but the jam eventually makes the biscuit soft. **Makes approx. 20**

Cooking time: 12-14 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

150g Gluten Free Plain Flour
30g Cornflour
60g Butter
50g Golden Caster Sugar
1 Egg Yolk
1 tsp Vanilla Extract

3 tbsp Milk
Generous pinch of salt
¼ tsp Bicarbonate of Soda

For the filling:

4 tbsp Strawberry or Raspberry seedless jam

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg yolk, vanilla extract, milk and combine.
4. Sift in the flours, salt, bicarb and cocoa powder and combine.
5. This biscuit dough should come together in the bowl therefore no need to knead!
6. Tip onto a floured surface and roll into a ball, cover with plastic wrap and pop in the fridge for at least 1 hour.
7. Once the biscuit dough has chilled it will be easier to roll. Roll to approx. 0.5mm thick.
8. Using a cutter, cut out an even number of shapes to sandwich together. With a second tiny cutter cut a shape out of the centre of **half** the biscuits (you can use a heart or a small circle or anything you have handy that's fun)
9. Place on a prepared baking sheet, 8 to a tray should be fine.
10. Cook for 12-14 mins
11. Remove and cool for 5mins before transferring to a cooling rack.
12. To make the jam filling you need to heat the jam and allow it to cool, this gives the jam it's thicker stickier texture to hold the biscuits together and add that bit of chewiness. I simply heat the jam for 30seconds in the microwave – be careful, it's hot.



Cooking time: 10-12 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Party Rings

The best thing about these biscuits is that they look and taste so authentic; kids and adults are attracted to these like moths! These biscuits are quite hard and have lower fat content so should not soften. For the inside cutter try using a piping nozzle and the trick for the decoration is a steady hand and a toothpick. **Makes approx. 40**

Ingredients

150g Gluten Free Plain Flour
50g Unsalted Butter
50g Caster Sugar
1 Egg
½ tsp Vanilla Extract

For the topping (per colour):

100g Icing Sugar
2tsp Water
Pink, Purple & Yellow Food Colouring

Method

1. Preheat oven to **180°C**
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the egg and extract and mix.
4. Sift in the flour and combine.
5. The biscuit dough should be fairly stiff and easy to handle and roll out. If not, carry out point 6. Otherwise skip and go to point 7.
6. Roll into a ball, cover with plastic wrap and pop in the fridge for at least 1 hour.
7. Once the biscuit dough has chilled it will be easier to roll. Roll out all the dough (or cut off what you need to make your biscuits) to approx. 0.5mm thick. These will hardly rise so roll the thickness you want.
8. Using a cutter, cut out circle shapes and using a separate smaller cutter cut out each centre.
9. Place on a prepared baking sheet, 8 or even 10 to a tray should be fine.
10. Cook for 8mins (these don't tend to colour so don't worry if they look pale)
11. Remove and transfer immediately to a cooling rack.
12. To make the icing mix enough icing sugar, colouring and water to make a fairly thick paste remember to mix a white paste too.
13. Decorate each biscuit and tease the icing to the edge with a toothpick, drizzle lines of contrasting colour across the biscuit and drag a toothpick against the icing lines to create the impressive finish.





Savoury Selection

Cheesy Pennies

Cheesy Leftovers Squares

Feta & Olive Crackers

Tomato & Basil Crisps

Black Pepper & Cheddar Bites

Ritz Crackers

Cheese Pennies

I make sure I always have some of this penny dough in the freezer, they make excellent nibbles to serve with wine and they keep well too so you could easily bake the day before a party and know that's one more thing you need not worry about. **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
200g Mature Cheddar, grated
4 Egg Yolks
generous pinch of pepper
Paprika

Coarse Salt & Parsley to garnish

Method

1. Preheat oven to 190°C
2. In a large bowl combine the butter, egg yolks and cheese. You want to break the cheese down for this recipe.
3. Add the flour, pepper and paprika and combine.
4. Tip the mixture onto a lightly floured surface and knead. This dough may be a bit sticky if so add a little flour.
5. Cut the dough into 4 and roll each quarter into a sausage with an approx. depth of a penny.
6. Wrap each sausage shape in foil and pop in the freezer for at least 30 minutes.
7. To bake remove the dough you want to use from the freezer and cut into 5mm coins.
8. Here I've left some plain and others I've made a pattern simply by pressing the back of a fork into the dough in a criss-cross fashion.
9. Bake for 10-12 mins.
10. Remove and transfer directly to a cooling rack.
11. Garnish with salt, parsley or whatever takes your fancy, maybe a little more paprika?



Cheesy Leftover Biscuits

These are so mouth-watering and a fabulous way to use up ends of random pieces of cheese so it would be rude not to include them. Just to show how versatile these can be, I used Stilton and Wensleydale & Cranberry leftovers on this occasion but have also used Cheddar and Red Leicester, the choice is endless. **Makes approx. 10-12**

Cooking time: 12-14 minutes

Carbs per biscuit -



Gluten Free



Nut Free (contains seeds)



Soya Free

Ingredients

60g Gluten Free Plain Flour
50g Butter
40g Hard Cheese - crumbled/grated
1 Egg
¼ tsp Paprika
¼ English Mustard

For the topping (optional):

Mixed Seeds: Sesame, Linseed, Sunflower and Pumpkin

Method

1. Preheat oven to **190°C**
2. In a large bowl or mixer combine the butter, egg, flour, paprika and mustard.
3. Stir in the crumbled cheese.
4. Tip mixture (it will be crumbly at this stage) onto a floured surface and knead into a ball, cover with plastic wrap and pop in the fridge for at least 1 hour.
5. Once the dough has chilled it will be easier to roll. Roll out all the dough to approx. 0.5mm thick.
6. Using a square cutter cut out 10/12 biscuits (If you do not have this shaped cutter, simply roll out into a sheet and cut squares approx. 5x5cm in size).
7. Place on a prepared baking sheet, 6 to a tray should be fine. If you choose to, sprinkle with seeds.
8. Cook for 12-14 mins (these will bubble whilst cooking due to fat content) If you'd prefer a crispier biscuit cook for the longer time.
9. Remove once golden brown and cool for 5mins before transferring to a cooling rack.



Feta & Olive Crackers

I make sure I always have some of this penny dough in the freezer, they make excellent nibbles to serve with wine and they keep well too so you could easily bake the day before a party and know that's one more thing you need not worry about. **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
200g Mature Cheddar, grated
4 Egg Yolks
generous pinch of pepper
Paprika

Coarse Salt & Parsley to garnish

Method

1. Preheat oven to 190°C
2. In a large bowl combine the butter, egg yolks and cheese. You want to break the cheese down for this recipe.
3. Add the flour, pepper and paprika and combine.
4. Tip the mixture onto a lightly floured surface and knead. This dough may be a bit sticky if so add a little flour.
5. Cut the dough into 4 and roll each quarter into a sausage with an approx. depth of a penny.
6. Wrap each sausage shape in foil and pop in the freezer for at least 30 minutes.
7. To bake remove the dough you want to use from the freezer and cut into 5mm coins.
8. Here I've left some plain and others I've made a pattern simply by pressing the back of a fork into the dough in a criss-cross fashion.
9. Bake for 10-12 mins.
10. Remove and transfer directly to a cooling rack.
11. Garnish with salt, parsley or whatever takes your fancy, maybe a little more paprika?



Tomato & Basil Crisps

I make sure I always have some of this penny dough in the freezer, they make excellent nibbles to serve with wine and they keep well too so you could easily bake the day before a party and know that's one more thing you need not worry about. **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
200g Mature Cheddar, grated
4 Egg Yolks
generous pinch of pepper
Paprika

Coarse Salt & Parsley to garnish

Method

1. Preheat oven to 190°C
2. In a large bowl combine the butter, egg yolks and cheese. You want to break the cheese down for this recipe.
3. Add the flour, pepper and paprika and combine.
4. Tip the mixture onto a lightly floured surface and knead. This dough may be a bit sticky if so add a little flour.
5. Cut the dough into 4 and roll each quarter into a sausage with an approx. depth of a penny.
6. Wrap each sausage shape in foil and pop in the freezer for at least 30 minutes.
7. To bake remove the dough you want to use from the freezer and cut into 5mm coins.
8. Here I've left some plain and others I've made a pattern simply by pressing the back of a fork into the dough in a criss-cross fashion.
9. Bake for 10-12 mins.
10. Remove and transfer directly to a cooling rack.
11. Garnish with salt, parsley or whatever takes your fancy, maybe a little more paprika?



Black Pepper & Cheddar Bites

I make sure I always have some of this penny dough in the freezer, they make excellent nibbles to serve with wine and they keep well too so you could easily bake the day before a party and know that's one more thing you need not worry about. **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
200g Mature Cheddar, grated
4 Egg Yolks
generous pinch of pepper
Paprika

Coarse Salt & Parsley to garnish

Method

1. Preheat oven to 190°C
2. In a large bowl combine the butter, egg yolks and cheese. You want to break the cheese down for this recipe.
3. Add the flour, pepper and paprika and combine.
4. Tip the mixture onto a lightly floured surface and knead. This dough may be a bit sticky if so add a little flour.
5. Cut the dough into 4 and roll each quarter into a sausage with an approx. depth of a penny.
6. Wrap each sausage shape in foil and pop in the freezer for at least 30 minutes.
7. To bake remove the dough you want to use from the freezer and cut into 5mm coins.
8. Here I've left some plain and others I've made a pattern simply by pressing the back of a fork into the dough in a criss-cross fashion.
9. Bake for 10-12 mins.
10. Remove and transfer directly to a cooling rack.
11. Garnish with salt, parsley or whatever takes your fancy, maybe a little more paprika?



Ritz Crackers

I make sure I always have some of this penny dough in the freezer, they make excellent nibbles to serve with wine and they keep well too so you could easily bake the day before a party and know that's one more thing you need not worry about. **Makes approx. 80**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

200g Gluten Free Plain Flour
100g Butter
200g Mature Cheddar, grated
4 Egg Yolks
generous pinch of pepper
Paprika

Coarse Salt & Parsley to garnish

Method

1. Preheat oven to 190°C
2. In a large bowl combine the butter, egg yolks and cheese. You want to break the cheese down for this recipe.
3. Add the flour, pepper and paprika and combine.
4. Tip the mixture onto a lightly floured surface and knead. This dough may be a bit sticky if so add a little flour.
5. Cut the dough into 4 and roll each quarter into a sausage with an approx. depth of a penny.
6. Wrap each sausage shape in foil and pop in the freezer for at least 30 minutes.
7. To bake remove the dough you want to use from the freezer and cut into 5mm coins.
8. Here I've left some plain and others I've made a pattern simply by pressing the back of a fork into the dough in a criss-cross fashion.
9. Bake for 10-12 mins.
10. Remove and transfer directly to a cooling rack.
11. Garnish with salt, parsley or whatever takes your fancy, maybe a little more paprika?



Crackers!



Festive Favourites

Lebkuchen

Mincemeat Cookies

Gingerbread

Jacks Snickerdoodles

Easter Biscuits

Lebkuchen

I won't lie; I was pleased as punch about these biscuits. An all-time childhood favourite and now you can enjoy it gluten free. These store well in any container for up to three days. As a variation you might like to add a dollop of jam to one of your sandwiches. **Makes approx. 8**

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

400g Gluten Free Plain Flour
100g Caster Sugar
1 ½ tsp Bicarbonate of Soda
3tsp Baking Powder
½ tsp Ground Cloves
½ tsp Cinnamon
½ tsp Ground Nutmeg
60g Unsalted Butter
1 Egg

115g Treacle
1tbsp Honey
150ml Milk
100g Glace Ginger

To glaze/coat:

150g Icing Sugar
1 Egg White
300g Dark Chocolate

Method

1. Cream the butter and sugar until light.
2. In a jug add the milk, egg, honey and treacle and whisk until combined.
3. Pour into the butter mixture and mix, start to add the dry ingredients, once all ingredients have been added the mixture should be a thick dropping consistency.
4. Add walnut size drops to a prepared baking sheet, these will spread to approx. 2.5/3inches Bake in an oven on **180°C** for 10 minutes – they will turn a dark brown.
5. Remove from oven and allow to cool completely before decorating.
6. To decorate I add a dollop of dark chocolate to the bottom of each biscuit and place on the reverse of a textured plastic chopping sheet, this creates a professional look to the underside of your biscuit ... it's sometimes the little attention to detail that impresses to most!
7. To make the icing mix 150g icing sugar with the white of 1 egg and brush over the top, pop in the fridge for the chocolate to harden and the icing top to crust/
8. For this recipe I also used icing and different melted chocolates to add a seasonal decorative effect. Have fun and be creative.



Mincemeat Biscuits

This is an ingenious recipe to use the second half of the mincemeat jar you didn't use to make your mince pies! These are delicately spiced so a favourite with the children if mince pies are too rich in flavour, they are very spongy/cake like so best eaten within 2 days.

Makes approx. 32

Cooking time: 10 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

300g Gluten Free Plain Flour
150g Unsalted Butter
150g Caster Sugar
300g Gluten Free Mincemeat
2 Eggs

50g Candied Peel
50g Flaked Almonds
½ tsp Salt
1tsp Bicarbonate of Soda

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer cream together the butter and sugar until pale.
3. Add the eggs and combine.
4. Fold in the mincemeat, peel and almonds.
5. Finally sift in the flour, salt and bicarb and incorporate, the mixture should be like a thick cake dough.
6. Place dessert spoonful's of the mixture onto a baking sheet, these do spread a fair bit so to be on the safe side try 4 the first time and see how you go.
7. Cook for 10mins, as mentioned these do spread and go a delicious golden colour.
8. Remove from oven and leave to cool on the baking tray for 5mins before transferring to a cooling rack.
9. You may wish to leave these plain or dust with icing sugar for a more seasonal effect.



Gingerbread

I made a gingerbread house with the children last Christmas...it fell apart! This recipe *does* work though. There's enough dough to make a house and figures or just make oodles of biscuits. Crisp on the day of baking and a fraction softer afterwards. **Makes approx. 50**

Cooking time: 16 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

550g Gluten Free Plain Flour
170ml Double/Extra Thick Cream
225g Light Brown Sugar
225g Black Treacle
2 tsp Ground Ginger

2 tsp Bicarbonate of Soda

For the icing:

1 egg white
250g Icing Sugar
Colourings of your choice

Method

1. Preheat oven to 190°C
2. In a large bowl or mixer whisk together the cream, sugar, treacle and bicarb until pale.
3. Sift in the flour and mix to combine.
4. Tip the soft dough onto a well-floured surface and knead.
5. This is a soft pliable dough and can be rolled and cut immediately. If making biscuits I sometimes half the dough and place one half in the fridge for another time, this can last for up to a week in the fridge.
6. Cut your shapes and place on a prepared baking sheet, these do not spread but instead rise so like me you can jigsaw puzzle as many onto a sheet as possible!
7. Cook for 16mins, these biscuits can catch really easily so due to the high sugar content so keep your wits about you.
8. Remove from oven, cool on tray for 5 mins and transfer to a cooling rack.
9. To make icing simply separate an egg and mix the icing sugar into the white. Add food colouring as desired.
10. This should make enough icing to decorate biscuits. If making a Gingerbread House, you will need to double the ingredients and make your 'glue' icing a little thicker to enable you to stick the house together.



Jacks Snickerdoodles

Moist, chewy and very moreish these are a favourite in our family for special occasions, the combination of sweet whisky and chocolate is a fantastic combination. These don't mind going a bit softer as the days go by and the whisky flavour intensifies as they age so a tin or tub will do to store these.

Cooking time: 8 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free



Dairy Free
depending on mix

Ingredients

1 packet Chocolate Cake Mix (425g)*
2 eggs
125ml vegetable/sunflower oil
5 tbsp Jack Daniels™
Icing sugar to coat

Method

1. Add all ingredients to a large bowl.
2. Beat ingredients together.
3. Pop in the fridge for 2-3 hrs or overnight.
4. Preheat oven to [180°C](#)
5. Take spoonful's of the mixture and roll with your hands – the balls should be the size of walnuts (this bit gets messy).
6. Roll the balls in a bowl of icing sugar.
7. Place the balls onto a prepared baking sheet, 6 to a tray should be a safe number, these do spread.
8. Bake for 8-10 mins depending on how chewy you want them.
9. Remove from oven and allow to cool for 5mins then transfer to cooling rack.

** I used Betty Crockers GF Devil's Food Cake for this recipe but they are a devil to source in the UK unless you're willing to pay through the roof, which I am NOT. I got my packet when we went to the USA for a trip of a lifetime. Udis, Orgran and various other premade chocolate cake mixes will work too as long as you use the same quantities.*



Easter Biscuits

Delicately spiced with an egg white crackle glaze, these are traditional Easter Biscuits but who's to say you can't enjoy them any time of the year. The crackle glaze on top of these biscuits is my favourite way to top a biscuit, plus the warm spice flavour goes perfectly with a cup of tea. **Makes approx. 16**

Cooking time: 20 minutes

Carbs per biscuit -



Gluten Free



Nut Free



Soya Free

Ingredients

115g Butter

75g Caster Sugar

1 Egg separated

200g Gluten Free Plain Flour

1tsp mixed spice

1tsp cinnamon

70g raisins/currants/mixed fruit

2tbsp milk

Extra Caster Sugar for topping

Method

1. Preheat oven to **200°C**
2. Beat the butter, sugar and yolk together add the dry ingredients and raisins or currants to make a soft dough
3. Knead dough on a floured surface – you'll need cold hands for this as the dough is very soft.
4. Roll out dough to about 5mm, using a cutter cut approx. 16 biscuits.
5. Pop in an oven for 10mins
6. After 10mins take out and brush with beaten egg white, then sprinkle with sugar and return to oven for a further 10mins.

Warning: these biscuits are very fragile when hot/warm, try to allow them to cool for as long as possible before removing to a cooling rack – therefore a good non-stack baking tray in a **MUST!**



Conversion Charts

Oven Temperatures		
°C	°F	Gas Mark
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	450	8

Dry Ingredients			
25g	1oz	225g	8oz
40g	1½ oz	250g	9oz
50g	2oz	275g	10oz
60g	2½ oz	300g	11oz
75g	3oz	350g	12oz
100g	3½ oz	375g	13oz
125g	4oz	400g	14oz
140g	4½ oz	425g	15oz

Liquid Ingredients

15ml	½ fl oz	1 tbsp
30ml	1 fl oz	1/8 cup
60ml	2 fl oz	1/4 cup
75ml	2 ½ fl oz	1/3 cup
120ml	4 fl oz	1/2 cup
150ml	5 fl oz	2/3 cup
180ml	6 fl oz	3/4 cup
250ml	8 fl oz	1 cup

Spoon Measurements

1¼ ml	¼ teaspoon
2½ ml	½ teaspoon
5ml	1 teaspoon
15ml*	1 tablespoon*
60ml	¼ cup
80ml	⅓ cup
125ml	½ cup
250ml	1 cup

* UK tablespoon is 15 ml, Australian is 20 ml, and American is 16 ml

Glossary

Baking Paper Baking Parchment

Black Treacle Dark Molasses Syrup, black treacle has a slightly bitter taste to molasses but both should work equally as well.

Caster Sugar Super Fine Sugar, the UK granulated sugar has large crystals and is therefore not ideal for baking so caster sugar is used in its place.

Clingfilm Clear plastic food wrap use to seal in moisture and prevent drying out.

Cornflour Also known as Maize Flour or Maize Starch

Demerara Sugar A good alternative if you cannot source this sugar is Turbinado, this should help you to achieve the same 'toffee' flavour required.

Foil Aluminum Foil

Golden Caster Sugar Golden Brown Sugar, used in these gluten free recipes to encourage colour to each back.

Icing Sugar Fine white sugar ideal for dusting cakes and biscuits, or adding to main ingredients, also known as confectioners' or powdered sugar.

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Notes

Notes



LIFE'S A DRAMA
GLUTEN FREE DOESN'T
HAVE TO BE

