

Apple or Pear Rice Bubble Biscuits



Serves	18
Prep time	20 minutes
Cook time	10 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1 cup brown sugar
- 1/3 cup butter or nuttalex (softened)
- 1 Golden or Red Delicious apple or pear (peeled and cored)
- 1/4 cup rice malt syrup
- 2 egg whites (lightly beaten)
- 2 1/2 cups wholemeal Plain Flour
- 5 teaspoons baking powder
- 3 cups Rice Bubbles (or other rice puff cereal)

Directions

1. If using apple or a hard pear, cook the apple or pear in a saucepan with a little bit of water and the lid on for about 10 minutes, or until soft. Drain and mash. If using soft pear, mash the pear. set aside and allow to cool.
2. Preheat the oven to 180C and line two trays with baking paper.
3. Beat the sugar and butter together until light in colour.
4. Stir in the apple or pear, syrup and egg whites until well combined. It will look a bit curdled.
5. Place the Rice Bubbles in a large plastic bag and seal the ends. Use a rolling pin to crush the rice bubbles until you have a fine powder.
6. Combine and sift the flour and baking powder, adding the husks back in.
7. Add the rice bubbles and flour to the biscuit batter and stir until well combined.
8. Roll the mixture into 5cm balls and place on the trays. Flatten each one slightly with the back of a fork.
9. Bake for approximately 10 minutes or until lightly browned. Remove from the oven and allow to cool on a wire rack.
10. Store in an airtight container.

Note

Low Chemical / Failsafe if using pear.

Moderate salicylates if using Red or Golden Delicious apples.

Dairy free if using Nuttlex.