

Spelt and Rye Biscuits



Serves	40 - 50
Prep time	1 hour, 35 minutes
Cook time	8 minutes
Total time	1 hour, 43 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Christmas , Picnic

Ingredients

- 1 cup rye flour
- 150g spelt flour
- 1/2 teaspoon salt
- 100g light cream cheese
- 110g unsalted butter
- 1/2 cup caster sugar
- 1 tablespoon water

Directions

1. Sift the flours and salt together in a large bowl and set aside.
2. Beat the cream cheese until light and fluffy, then add the butter and beat until they are well combined.
3. Add the sugar to the cream cheese and butter and beat until it is well mixed in.
4. Add the flour and water to the mixture and mix until just combined.
5. Turn the dough out onto the bench top and knead a couple of times to pull it together then form it into a ball. Flatten the dough into a thick disc, wrap well in plastic wrap and place in the fridge for about an hour.
6. Pre-heat the oven to 180°C and line two baking trays with baking paper.
7. Work with a section of dough at a time, rolling it out onto a floured surface to about 5 mm thick, cut into shapes and place on the prepared trays, with a little bit of space in between. Add the scraps to a new piece of dough and repeat until it is all used up.
8. Bake for 7 - 8 minutes until they start to turn golden on the edges.
9. Allow to cool on the tray.

Note

Low Chemical / FAILSAFE

If making these biscuits for Christmas, sprinkle them with some pure icing sugar before serving.

These biscuits keep well for weeks in an airtight container.

Makes 40 - 50 biscuits using medium sized cutters.