Pumpkin & Fig Baby Biscuits

Nutritious Fibre-Rich Biscuits for Happy Tummies

9⁺months

WET INGREDIENTS

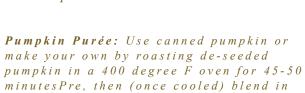
- Fig & date purée (see below)
- 1 c. pumpkin purée (see below)
- 1/4 c. butter, softened
- 1/3 c. maple syrup
- 1 chia 'egg'
- 1 tsp vanilla extract

Fig & Date Purée: Make fig & date purée by soaking 6 dried figs and 20 small pitted dates in 1 c. water for a few hours (until soft) or overnight.

Process in food processor until smooth.

DRY INGREDIENTS

- 2 c. all purpose flour (white or whole wheat)
- 2.5 c. oat flour
- 2 tsp baking powder
- 2 tsp cinnamon



food processor or blender until smooth.



- 1. Prepare the fig & date purée and the pumpkin purée (see note above).
- 2. Preheat oven to 350 degrees F (175 degrees C).
- 3. Prepare the chia 'egg' by mixing 1 Tbsp chia seed with 2.5 Tbsp water, in small bowl. Let sit for 5 minutes to thicken. It should become a gel or eggwhite consistency.
- 4. In a medium bowl, mix together the fig & date purée, pumpkin purée, butter, maple syrup, chia 'egg' and vanilla extract. Set aside.
- 5. In a large bowl, mix together flour, oat flour, baking powder and cinnamon.
- 6. Add the wet mixture to the dry ingredients and combine thoroughly. Knead the dough a few times on a floured surface, then divided dough into two balls (working with a smaller amount of dough at a time will make it easier to roll out).
- 7. On a floured surface, roll out dough to about ¼ inch thickness and cut shapes using cookie cutters. I used a small (2 inch) cutter that was the perfect size for baby biscuits
- 8. Place cookies on a lightly greased cookie sheet and bake in preheated oven for 12 minutes, or until the edges are golden brown.





TEMPERATURE 350 F (175 C)



BAKING TIME

12-15 minutes

