

GF/DF Shortbread

Ingredients

115g coconut oil (solid)
50g molasses sugar
85g ground almonds
60g millet flour
25g gram flour
1 heaped scoop vanilla protein powder - optional (I use Nuzest Clean Lean Protein)

Method

1. Preheat oven to 180°C/350°F/gas mark 4
2. Cream oil, sugar (breakdown the lumps as best you can)
3. Mix dry ingredients
4. Add dry ingredients to wet and mix thoroughly (at this point use your hands to bring the dough together)
5. Form the mixture into a round approx 1/1.5cm in depth (using your hands not a rolling pin). Cut into triangles or bars and prick with a fork
6. Freeze for 30 mins (the dough has to be frozen **not** chilled)
7. Bake for 12-15 mins until they're browning on the edges (keep an eye on them as the dough can 'melt'). You may need to recut the triangles as the dough cools.
8. Leave to cool completely, then firm in the fridge - before enjoying (this shortbread is very delicate and benefits from being stored in the fridge)

To ring the changes you could add grated lemon zest, chocolate chips or lavender