



Barley Flake Biscuits

Ingredients

150g Barley Flakes
150g 85% Light Flour
½ teaspoon baking powder
2 egg whites, lightly beaten
¼ teaspoon cinnamon
1 cup brown sugar
1/3 cup vegetable oil
½ cup milk
1 teaspoon vanilla essence
1 cup sultanas

Method

Preheat oven to 190°C. Sift together flour, baking powder and cinnamon, stir in barley flakes.

Combine egg whites, sugar, oil, milk, vanilla and sultanas. Add to flour mixture and mix lightly.

Drop tablespoon sized mixture onto a lightly greased biscuit tray. Top with a few extra barley flakes.

Bake for 12-15 minutes or until golden.

