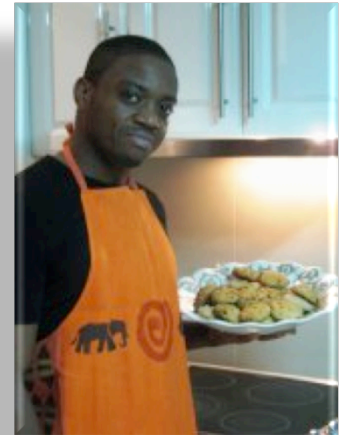


TWANDA'S BISCUITS

Tawanda has an extreme passion for training really, really hard, and needs foods that can keep up with him. These biscuits are a perfect fit for the bill.

TWANDA'S INGREDIENTS

- 187.5g raisins/sultanas/dried apricots
- $\frac{3}{4}$ tsp bi-carb soda
- $1\frac{1}{2}$ cups Rolled oats
- 2 tsp milk powder
- 3 cups wholemeal flour
- $\frac{1}{2}$ cup self raising flour
- 120g butter
- 120mL 100% pure maple syrup
- $\frac{1}{2}$ cup unsalted semi crushed Cashews
- 3 eggs, whisked
- Pinch of salt
- $\frac{3}{4}$ cup cocoa (Optional)



TAWANDA'S METHOD

1. Preheat oven and keep at 180°C
2. Place oats into bowl
3. Add in raisins/sultanas, & sifted flours, bi-carb soda and powdered milk
4. Add butter (if you're not afraid to get your hands dirty, mix with hands 😊)
5. Add whisked eggs, cashew nuts and maple syrup
6. Mix in the bowl until well combined
7. Add cocoa (optional); again, mix in bowl until well combined
8. Bake for 30minutes, depending on the desired thickness of the biscuit.