



Chocolate resiliency biscuits GF, DF

Ingredients (makes 10 biscuits)

- 2 cups ground almond flour
- ½ cup sugar
- Zest of 1 orange
- Thumb of ginger, peeled and grated
- 1 tbsp Reishi mushroom powder
- 1 tbsp Astragalus root powder
- ⅓ cup dark chocolate, chopped
- 1 tbsp honey, slightly warmed up
- 1 egg white, beaten
- ½ cup icing sugar, for rolling



Picture: Reishi mushroom

Method

- Preheat the oven to 200C. In a mixing bowl, add the almond flour, sugar, orange, ginger, reishi powder, astragalus powder & chocolate and stir to combine. Next add in the warmed up honey and beaten egg white.
- Mix until it comes together in a ball shaped dough.
- Put the icing sugar in a bowl. Roll approx 40g of dough into balls and roll them in icing sugar. Tip: don't do this with your hands because the warmth of your hands rolling the dough will push the icing sugar into the mixture, and won't give you that nice crunchy texture when it bakes.
- Place the balls onto a lined tray and flatten slightly with a fork and cook for 15 minutes until golden.