



Green tea biscuits

20'
Hands on

15'
Cook Time

20
Portion(s)

1
Difficulty



Method

- Preheat oven to 170* C (338* F) Fan.
- Cut up the prunes, dates and couverture in to small pieces and transfer to a bowl.
- Prepare the green tea by bringing 250 g of water to a boil. Transfer to a cup, add 2 packets of green tea and let them soak for 2-3 minutes, until the tea is ready.
- Add to the bowl with the dates.
- Add all of the remaining ingredients. The whole wheat flour, oats, baking powder, baking soda, brown sugar, honey, vanilla, raisins, dried cranberries, cocoa powder, olive oil, tahini, orange juice, orange zest and sunflower seeds.
- Mix until all of the ingredients are well combined.
- Shape them in to biscuits that are 40-50 g each.
- Transfer to a baking sheet lined with parchment paper and making sure to leave some space between them so they don't stick together when they rise while baking.
- Bake for 10-15 minutes.
- When ready, remove from oven. The biscuits will be soft and fluffy.
- Melt the white or dark couverture and drizzle over biscuits before serving.

Ingredients

- 260 g whole wheat flour
- 200 g oats
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 100 g brown sugar
- 2 tablespoon honey
- 1 teaspoon vanilla extract or 1 packet vanilla powder
- 80 g prunes, pitted and cut in to small pieces
- 50 g dates, pitted and cut in to small pieces
- 50 g raisins
- 50 dried cranberries, or your choice of dried fruit
- 50 g dark chocolate couverture, cut in to small pieces
- 30 g cocoa powder
- 30 g olive oil
- 50 g tahini
- 110 ml orange juice
- grated zest of ¼ orange
- 250 g green tea or Greek mountain tea
- 50 g sunflower seeds
- 100 g white or dark chocolate couverture, melted for serving

Διατροφικός πίνακας

Nutrition information per portion

209 Calories (kcal)	7.5 Total Fat (g)	2.7 Saturated Fat (g)	28.7 Total Carbs (g)
10%	11%	13%	11%
14.2 Sugars (g)	4.5 Protein (g)	4.1 Fibre (g)	0.07 Sodium (g)
16%	9%	16%	1%