

# Date Paste Biscuits

## Ingredients

- 1.5 cups apple juice
- 4 cups SR flour
- 1 tsp cardamom
- 1 cup coconut oil
- 1/2 cup sugar
- 1.5 cups date paste (from 1lb dates)
- 1 tsp cinnamon
- 1 tsp nutmeg

## Method

1. Mix date paste, cinnamon, nutmeg, and 1tbsp coconut oil. Set aside.
2. Mix remaining coconut oil with sugar, then stir in apple juice.
3. Add flour and nutmeg and stir well.
4. Roll out dough and add a line of the date paste. Roll into a tube and refrigerate until firm.
5. Preheat oven to 350F/180C.
6. Cut tubes into disks and bake 10 minutes.
7. Allow to cool on tray.

## Notes

Makes approximately 24.

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