

# Big Garden Birdwatch Biscuits

**Gluten Free, Refined  
sugar free.**

Adapted from Big Garden Birdwatch biscuit recipe

Photo by Son 2

## Ingredients:

1 cup nuts walnuts/mixed nuts

3 oz butter

1/3 cup honey (you can reduce this slightly if you need to, but may not need so much coconut flour)

1/2 cup coconut flour

1 egg

1/2 teaspoon vanilla

1/2 teaspoon cinnamon

1/4 cup sunflower seeds

1/2 teaspoon bicarbonate of soda.



## Method:

Put the nuts in the food processor and whizz until finely ground.

Add butter and honey and whizz until combined.

Add in the egg, coconut flour, vanilla and cinnamon. Whizz to mix.

Finally add sunflower seeds and bicarb of soda and mix briefly.

Put tablespoon heaps on a greased and lined baking tray. Flatten to 1/4 inch thick.

Bake 15 –20 mins 350 F. 160 C. fan, 180 C. until golden brown.