

Pumpkin & Fig Baby Biscuits

Nutritious Fibre-Rich Biscuits for Happy Tummies

9+ months



WET INGREDIENTS

- *Fig & date purée (see below)*
- *1 c. pumpkin purée (see below)*
- *¼ c. butter, softened*
- *1/3 c. maple syrup*
- *1 chia 'egg'*
- *1 tsp vanilla extract*

Fig & Date Purée : Make fig & date purée by soaking 6 dried figs and 20 small pitted dates in 1 c. water for a few hours (until soft) or overnight. Process in food processor until smooth.

DRY INGREDIENTS

- *2 c. all purpose flour (white or whole wheat)*
- *2.5 c. oat flour*
- *2 tsp baking powder*
- *2 tsp cinnamon*

Pumpkin Purée: Use canned pumpkin or make your own by roasting de-seeded pumpkin in a 400 degree F oven for 45-50 minutes. Pre, then (once cooled) blend in food processor or blender until smooth.

How To Make

1. Prepare the fig & date purée and the pumpkin purée (see note above).
2. Preheat oven to 350 degrees F (175 degrees C).
3. Prepare the chia 'egg' by mixing 1 Tbsp chia seed with 2.5 Tbsp water, in small bowl. Let sit for 5 minutes to thicken. It should become a gel or eggwhite consistency.
4. In a medium bowl, mix together the fig & date purée, pumpkin purée, butter, maple syrup, chia 'egg' and vanilla extract. Set aside.
5. In a large bowl, mix together flour, oat flour, baking powder and cinnamon.
6. Add the wet mixture to the dry ingredients and combine thoroughly. Knead the dough a few times on a floured surface, then divided dough into two balls (working with a smaller amount of dough at a time will make it easier to roll out).
7. On a floured surface, roll out dough to about ¼ inch thickness and cut shapes using cookie cutters. I used a small (2 inch) cutter that was the perfect size for baby biscuits ♥
8. Place cookies on a lightly greased cookie sheet and bake in preheated oven for 12 minutes, or until the edges are golden brown.



MAKES

50 mini cookies



TEMPERATURE

350 F (175 C)



BAKING TIME

12-15 minutes