

MACADAMIA RUSKS

Ingredients:

200g macadamia flour

200g almond flour

4 cups ORGANIC coconut flour (take the one from Nature's Choice, contains more fibre, which is important for the outcome of these rusks)

OR: 2 cups normal coconut flour and one cup psyllium husks

2 teaspoons baking powder

2 teaspoons salt

340g butter

1 cup sugar, coconut blossom sugar/xylitol

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1 cup cranberries

1 ½ to 2 cups buttermilk

Method:

Mix all ingredients

Grease baking tray with butter

Line the whole tray with dough, pack flat and cut into little squares or rectangles

Bake at 180 degrees C until golden brown

Take out of oven, separate the pieces and put on a drying rack in oven at 80 degrees C, and later sundry, until dry. May take up to 24 hours