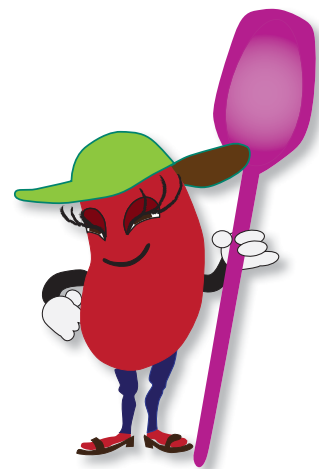


Beans, Rice And Everything Nice

Sweet Potato Oat Biscuits



original recipe by beansriceeverythingnice.weebly.com

for 12 to 16 biscuits

Measurements by Weight

280 grams gluten-free oat flour
70 grams gluten-free millet flour
70 grams gluten-free tapioca flour
18 grams gluten-free baking powder
pinch of salt
250 grams / 250 ml soy milk
20 grams / 20 ml apple cider vine

Measurements by Volume

2 cups gluten-free oat flour
1/2 cup gluten-free millet flour
(1/3 cup whole millet, ground = 1/2 cup)
1/2 cup gluten-free tapioca flour
1 1/2 tablespoons gluten-free baking powder
pinch of salt
1 cup soy milk
1 1/2 Tablespoons apple cider vinegar
1 cup mashed cooked sweet potato

1. Preheat the oven to 325F. Line a baking sheet with parchment paper or a silicone baking mat. Set aside while you prepare the biscuits. Add the apple cider vinegar to the soy milk, stir and set aside. Measure out the dry ingredients and add to a large mixing bowl. Whisk well to evenly mix.
2. Add the mashed sweet potato to the dry ingredients and cut into the flour with a pastry cutter or a fork. Keep working until the sweet potato is evenly distributed and the texture is crumbly. Pour in the sour soy milk and combine. The dough will be very loose and sticky. Do not add more flour.
3. Place a piece of parchment paper on the counter top or a cutting board. Dust lightly with the gluten-free oat flour. Turn the biscuit dough out onto the parchment paper and dust the top lightly with more gluten-free oat flour. Fold and knead a couple of times to combine the dough better. Press out into a rectangle about 1/2 to 3/4 of an inch thick. Cut into little shapes and place on the prepared baking sheet. Collect the scraps and press into another rectangle about the same thickness as before and cut more biscuits. Keep doing this until there is no more dough. The last one I usually make into a ball.
4. When all the biscuits are cut and on the baking sheet, put them in the oven and bake 25-35 minutes, depending on the thickness. Do not over cook. The biscuits are ready when the colour is darker and the sides look dry, but they are bouncy when pressed. Remove from the oven and let sit to cool for 10 minutes. Letting the biscuits sit is important as the insides will still be very moist and gummy. They will have a nicer texture if allowed to "set-up."