

Kingstons (Alchemy style)

makes 8

Addictively good, these biscuits are gluten free and refined-sugar free.



Ingredients | Method

1 cup dry roasted cashews	3 tbsp maple syrup
½ cup dry roasted almonds	1 tbsp almond butter
½ cup desiccated coconut	1 tsp organic vanilla extract
1 tbsp organic rice malt syrup	Pinch Himalayan salt

Chocolate cream

50g 85% organic dark chocolate, melted
1 tbsp organic rice malt syrup
1 tbsp 100% fruit spread (optional)

- 1 Preheat your oven to 175°C or 350°F. Line a tray with baking paper.
- 2 Place the cashews, almonds and desiccated coconut into a food processor and blend at high speed until the mixture resembles crumbs. Add the remaining biscuit ingredients, blend until mixture is well combined and sticking together.
- 3 Use your hands (slightly dampened if mixture is sticky) to shape the mixture into 16 even-sized balls. Place the balls on lined tray and gently flatten. Bake the biscuits for 12 mins or until golden. Remove from oven and allow to cool for 5 mins before gently transferring them to a cooling rack.
- 4 Once the biscuits have cooled, in a small bowl mix together the chocolate cream ingredients. Dollop an even amount of the chocolate cream onto the centre of 8 of the biscuits. Top each one with another biscuit and gently press down. Place biscuits in fridge to set and to store.

Recipe #16 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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