



WHOLEMEAL DIGESTIVES

Ingredients to make about 10 digestives

100g wholewheat flour
100g medium oatmeal
50g soft brown or caster sugar
a pinch of salt
100g butter or margarine
1-2 tablespoons milk

Method

Pre-heat the oven to gas mark 4/350F/180C.

Mix together all of the dry ingredients and rub in the butter to a breadcrumb texture.

Now add enough milk to create a moist pastry consistency. Refrigerate for 15 minutes to firm the mix.

This creates a reasonably delicate dough Roll with great care using a dusting of wholemeal flour on top and underneath to prevent sticking. When 3mm thick cut into 6-7cm discs re-rolling any trimmings.

Place the discs on a lightly greased baking sheet and bake in the pre-heated oven for 15-20 minutes, until lightly browned and firm to the touch. They will swell slightly so don't overcrowd the trays

Remove from the oven and leave to rest for five minutes before transferring onto a wire rack.

The digestives are now best kept in an airtight container and eaten within 2-3 days. However, once you have made them, it is very rare they last that long! The flavour of the **Mungoswells wholemeal** flour I use for these makes them delicious.