

Gluten & Dairy Free Iced Vovo Biscuits



This weeks recipe of the week from AW Instagram stylist Meg Phillips is simply divine. A delicious Vegan Iced Vovo biscuit made with a buckwheat base, homemade raspberry & chia seed jam and raspberry coconut cream. Super fun to make, and sensational to eat.

Ingredients:

Biscuit Base

1.5 cups of organic buckwheat flour

1/2 cup organic coconut sugar

1/4 teaspoon of bicarb soda

1/8th teaspoon vanilla powder

2 tablespoons of coconut oil, melted

1/4 cup rice malt syrup

1/4 cup almond milk

Method:

1. Mix the dry ingredients in a large bowl.
2. In another bowl mix the wet ingredients until well combined and then add to the dry ingredients mixing until a dough forms.
3. Roll the dough onto a bench lightly floured with buckwheat flour.
4. Then use a rolling pin to roll the dough until it is about half a centimetre thick.
5. Using a large knife, cut into small rectangle sized biscuits (the shape you'd like for your iced vovos).
6. With a fork, indent the edges of the biscuit (this step is optional but looks great on the end product).
7. Place the yet to be cooked biscuits on a tray lined with baking paper and bake in the oven at 180°C for approximately 10-12 minutes or until lightly browned.
8. Remove from the oven and allow to cool. Note, the biscuits will harden as they cool so don't be fooled by their softness and overcook them.

Raspberry & Chia Jam

- 1 cup of frozen raspberries
- 1/2 cup organic chia seeds
- 1 tablespoon of water
- 2 tablespoons of rice malt syrup

Method:

1. Place all ingredients in a small saucepan and melt over low heat.
2. Transfer to a bowl and place in the fridge to allow the jam to thicken.

Raspberry Coconut Cream

- 2 cups of organic desiccated coconut + 1/4 cup for sprinkling at the end
- 1/2 cup raw cashews
- 2 tablespoons coconut oil, melted
- 3 tablespoons rice malt syrup
- small handful of raspberries

Method:

1. Process all the ingredients in a blender or food processor until smooth and creamy

To assemble the biscuits:

1. Once the biscuits have cooled, spread a line of jam down the centre of each biscuit and a line on either side of the coconut cream before sprinkling with additional desiccated coconut.
2. Best stored in the fridge and consumed within seven days.

Note: Assembly can be fiddly, but worth it.

Gluten Free | Dairy Free | Refined Sugar Free