

Dandelion Biscuits.

(reduced-sugar early years version)



INGREDIENTS

- 120g plain flour
- 60g unsalted butter (or dairy-free alternative if needed)
- 2 tbsp unsweetened apple puree
- 1 tbsp mashed banana (optional but improves texture)
- 1 small handful clean dandelion petals (yellow only)
- Splash of milk (if needed to bind)

DIRECTIONS

1. Preheat oven to 170°C (fan 150°C).
2. Wash and dry the dandelion petals carefully.
3. Rub butter into flour until breadcrumb texture.
4. Mix in apple puree and banana.
5. Add petals and bring together into soft dough.
6. If mixture feels dry, add a tiny splash of milk.
7. Roll out gently and cut shapes.
8. Bake 12-15 minutes until lightly golden.

Cool before serving.

