

HEALTHY AND DELICIOUS HOMEMADE BISCUIT RECIPES FOR YOUR BABY



Banana Biscotti Rusks



- 1 Preheat the oven to 300°F (150°C).
- 2 Take 2-3 ripe bananas into a bowl and blend them with 3 tablespoons of coconut oil.
- 3 Add 10 ounces (300 grams) of whole-wheat flour to it and blend again until you get a sticky dough. You can drizzle in some extra water if needed.
- 4 Shape the dough into a long cylinder or rectangle, as per your choice.
- 5 Place these on a baking tray and put them into the oven.
- 6 Bake for about 10-12 minutes until the edges of the rusks are slightly golden. The baking time may also take approximately 30-45 minutes, depending on the number of rusks.
- 7 Continue to bake until hard but not burnt, and store them in a paper bag in the pantry.

Quinoa Teething Crackers



- 1 Preheat the oven to 300°F (150°C).
- 2 In a bowl, add a cup of quinoa flour and a cup of cooked quinoa flakes, and mix them.
- 3 Add about 3 tablespoons of coconut oil and knead a dough. Drizzle water if needed.
- 4 Roll out the dough to a thickness of about a fourth or eighth of an inch.
- 5 Cut the dough into different shapes as you like.
- 6 Put the shapes on a lightly oiled baking sheet or parchment paper on the baking tray.
- 7 Put them in the oven and bake for 45-60 minutes or until they begin to brown.
- 8 Give it to your baby once it cools down, or store it in the pantry.