

Simon Davidmann is an ex-patient who completed the JOGLE cycle ride from John O'Groats to Land's End in September 2015. His wife, Penny, created the following recipe to help Simon with his special dietary requirements and the need for high-energy food during the ride.

Simon gave a presentation about his experience at the OOSO Meeting in October 2015. He provided samples of Penny's biscuits and many of the attendees asked for the recipe.

Simon's Nutty Biscuits

250g Butter at room temperature
200g Soft Brown Sugar
100g Self-raising Wholemeal Flour
2 Large Eggs
100g Ground Almonds
100g Chopped Mixed Nuts
100g Chopped Roasted Hazelnuts
100g Chopped Dried Apricots
250g Jumbo Porridge Oats



Method:

- 1. Beat butter until soft.*
- 2. Add sugar and beat again – until pale and fluffy.*
- 3. Beat in flour, then eggs.*
- 4. Add nuts and apricots, mix.*
- 5. Add oats and mix. If mixture is still wet, add more oats.*
- 6. Form the mixture into small balls (I get up to 60 biscuits from this amount of mix). Place on greased baking sheet, flatten slightly. (Allow some room to spread.)*
- 7. Bake for 10-15 mins (less is often better) at 180C, until just golden.*
- 8. Leave to cool for 5 mins, then remove to wire rack.*

I calculate these to be approximately 100 calories each for large biscuits, with 4g carbohydrate and 2g protein per biscuit. For eating on the bike, make biscuits much smaller - bitesize = 50 calories!