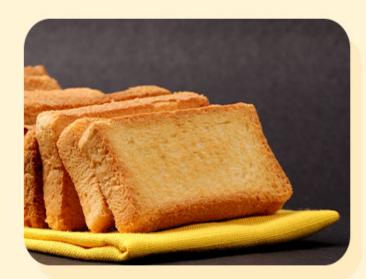
HEALTHY AND DELICIOUS HOMEMADE BISCUIT RECIPES FOR YOUR BAB

Banana Biscotti Rusks



- Preheat the oven to 300°F (150°C).
- 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.
- Shape the dough into a long cylinder or rectangle, as per your choice.
- Place these on a baking tray and put them into the oven.
- 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.
- Continue to bake until hard but not burnt, and store them in a paper bag in the pantry.

Quinoa Teething Crackers



In a bowl, add a cup of quinoa flour and a cup of cooked quinoa flakes, and

brown.

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- mix them. Add about 3 tablespoons of coconut oil and knead a dough. Drizzle water if
- needed.
- 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. Put them in the oven and bake for 45-60 minutes or until they begin to
- **8** Give it to your baby once it cools down, or store it in the pantry.

