

Ginger biscuits – GF, EF, DF, Low FODMAP



Ginger biscuits are delicious. Am I right?! Every Thursday at the health recovery/pain management tai chi class I go to, there are ginger biscuits and tea to enjoy while we chat on our break. I watch on in envy, unable to eat the biscuits, but definitely still loving the tea! At Christmas, for the tai chi party, I decided to give making a gluten, dairy, egg free and low FODMAP version a go. And, thankfully, it was a success! I had to make two batches (with the recipe doubled in quantity both times!) over the festive season because everyone, with or without food intolerances, smashed them! And then more batches have been made since...