

Wonderful Wheat Biscuits



Kia ora koutou,

Wheat biscuits were first introduced to New Zealand households in 1930. Since that time, they have been a popular pantry staple, enjoyed for breakfast in many different combinations. Though Weet-Bix™ is probably the most well-known, there are many brands of wheat biscuits, and all of them are very similar in taste and nutritional content.

Wheat biscuits are a wonderful addition to your shopping list, as they are affordable (compared to alternative cereals), versatile and offer many nutritional benefits. Although most brands contain a very small amount of sugar, this is a tiny amount compared to other cereals. Wheat biscuits are a very good source of dietary fibre which is helpful for bowel movement. They are also fortified with many important vitamins and minerals which can contribute to meeting your daily needs. Pair them up with some fresh, canned or frozen fruit and some plain yoghurt and/ or milk for a nutritious start to the day.

Apart from being an excellent option for breakfast, did you know that they can be used in baking, lentil patties, falafel, meatballs and much more? Both of the following recipes are retrieved from Weet-Bix™, you may replace Weet-Bix™ with wheat biscuits of any brands to match your preference.

Baked Weet-Bix™ Falafel

- 3 Weet-Bix, finely crushed
- 1 can chickpeas, drained
- 1 cup frozen peas, thawed and drained
- 1 spring onion, roughly chopped
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 tablespoon sesame seeds

1. Preheat oven to 200°C. Line an oven tray with baking paper.
2. In a food processor, pulse chickpeas, peas, spring onion, salt and spices to a rough paste. Add crushed Weet-Bix™ and pulse again to combine.
3. Roll walnut sized pieces of the mixture into balls and toss in sesame seeds to coat. Place falafels on prepared trays and press tops to flatten slightly.
4. Bake for 20–22 minutes until golden. Serve warm or at room temperature, with a dipping sauce or simply on their own.

Weet-Bix™ Cookies

- 4 Weet-Bix, crushed
- 2/3 cup rolled oats
- ¾ cup wholemeal plain flour
- 1/3 cup brown sugar
- 1/3 cup peanuts, or pumpkin seeds
- 2/3 cup dried apricots, diced
- 3 tablespoons butter or table spread
- 2 tablespoons honey
- 1 teaspoon baking soda
- ¼ cup boiling water

1. Mix together Weet-Bix, rolled oats, flour, sugar, peanuts and apricots until well combined.
2. Place table spread/butter and honey in a small saucepan and heat gently until melted.
3. Mix baking soda and water together then pour into margarine mixture. Add to dry ingredients and stir to combine.
4. Place tablespoons of mixture onto baking trays lined with baking paper. Bake at 160°C for 15-20 minutes. Cool on trays before serving.

Ngā mihi nui,
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