

# Roman recipe: Honey oat biscuits



Honey bee on blossom by Jo Cartmell



As sugar was not available in Roman times, honey was often the sweetener of choice. The recipe for these biscuits uses traditional flavours like nutmeg and cinnamon, and honey to add sweetness, in true Roman style.

## You will need:

- 1/2 cup of oats
- 1/2 cup self-raising flour
- A pinch of cinnamon
- A pinch of ground nutmeg
- 1 tablespoon of oil or 1 medium egg
- 1 tablespoon of milk
- 1/2 tablespoon of honey
- Extra honey and chopped nuts to decorate

## Method:

- Mill your oats by blitzing them in a food processor
- Put the milled oats in a bowl with the flour, cinnamon and nutmeg
- Add the oil/egg, milk and honey and combine into a firm dough - if the dough looks too dry, add some more milk; if it looks too wet add some more flour
- Divide the dough into walnut sized balls and squash down to make biscuit shapes
- For authenticity griddle the biscuits until golden; alternatively bake at 180°C for 20-30 minutes
- Drizzle with honey and sprinkle with chopped nuts whilst still warm