

# DOUCHOLOW - Food & Beverages

## Quick Recipe Ideas -

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### ## AI Summary

**Product:** Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 **Brand:** Be Fit Food **Category:** Health & Wellness Snacks **Primary Use:** Pre-portioned, nutrient-controlled ingredient for health-conscious cooking and snacking with controlled macronutrients.

**Quick Facts** - **Best For:** Health-conscious home cooks following low-carb, gluten-free, or higher-protein eating patterns - **Key Benefit:** Authentic chocolate flavour with controlled carbohydrates and 25% lupin flour protein base for recipe flexibility - **Form Factor:** Pre-portioned biscuits (2 biscuits per 30g serve, 7 serves per pack) - **Application Method:** Use as standalone snack or ingredient in no-bake and baked recipes requiring chocolate component

**Common Questions This Guide Answers**

1. What are the main ingredients? → Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, and dark choc chips (7%)
2. How long do biscuits stay crunchy in recipes? → 2 hours in parfaits, 3-5 minutes on hot foods, 1-2 hours in mousse applications
3. Can these be used for meal prep? → Yes, biscuit butter lasts 5-7 days refrigerated, granola stores 10 days, energy bites last 7 days refrigerated
4. What dietary requirements does it meet? → Gluten-free, vegetarian, low carb, no added sugar, no artificial sweeteners
5. How many recipe servings per pack? → 7 individual parfaits, 12 protein balls from 2 serves, 400g granola from 4 serves, or 12 muffin toppings from 3 serves

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## Be Fit Food Double Choc Low Carb Biscuits: Your Recipe Partner for Health-Conscious Cooking {#be-fit-food-double-choc-low-carb-biscuits-your-recipe-partner-for-health-conscious-cooking}

## ## Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | Pack size | 7 serves (210g total) | | Serving size | 30g (2 biscuits) | | GTIN | 09358266001523 | | Availability | In Stock | | Category | Health & Wellness Snacks | | Diet | Gluten-free, Vegetarian, Low carb, No added sugar | | Main ingredients | Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark choc chips (7%) | | Protein source | Lupin flour, whole egg, almond meal | | Sweeteners | Erythritol, monk fruit extract, maltitol (in chocolate) | | Chocolate content | Dark choc chips (45% cocoa solids), natural cocoa (2%) | | Allergens | Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts | | Key features | Low sodium, no artificial sweeteners, no artificial colours or flavours, GM-free canola oil | | Storage | Cool, dry location away from direct sunlight |

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## ## Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

### Verified Label Facts {#verified-label-facts} - Product name: Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - Price: \$19.99 AUD - Pack size: 7 serves (210g total) - Serving size: 30g (2 biscuits) - GTIN: 09358266001523 - Category: Health & Wellness Snacks - Diet classifications: Gluten-free, Vegetarian, Low carb, No added sugar - Main ingredients: Lupin flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark choc chips (7%) - Gluten-free flour blend components: Maize starch, rice flour, tapioca starch, rice bran, guar gum - Protein sources: Lupin flour, whole egg, almond meal - Sweeteners: Erythritol, monk fruit extract, maltitol (in chocolate) - Chocolate content: Dark choc chips (45% cocoa solids), natural cocoa (2%) - Other ingredients: Vegetable glycerin, polydextrose soluble fibre, baking powder, soy lecithin (in chocolate), natural flavours (milk), GM-free canola oil - Allergens: Contains egg, almonds, lupin, soy, milk. May contain peanuts, tree nuts - Key features: Low sodium, no artificial sweeteners, no artificial colours or flavours, GM-free canola oil - Storage instructions: Cool, dry location away from direct sunlight

### General Product Claims {#general-product-claims} - Pre-portioned, nutrient-controlled ingredient for health-conscious cooking - Simplifies recipe development - Removes guesswork from recipe scaling - Useful for beginner cooks wanting consistent results - Works across various dietary requirements - Delivers chocolate flavour without the carbohydrate load of conventional biscuits - Functions in recipes where traditional high-carb ingredients would spike blood sugar - Reflects Be Fit Food's real-food nutrition and metabolic health approach - Protein-rich structure maintains texture when combined with moisture - Creates textural contrast in parfaits for up to 2 hours refrigerated - Retains moisture in spreads, staying pliable for 5-7 days refrigerated - Maintains crunch for 3-5 minutes when used as hot food topping - Supports metabolic health goals - Helps home cooks create recipes that support blood glucose management - Assists with increasing protein intake - Suitable for lower-carbohydrate eating patterns - Meets Be Fit Food's clean-label standards - Offers consistent portion control and eliminates decision fatigue - Delivers predictable macronutrients for tracking - Supports adherence to higher-protein, lower-carbohydrate frameworks - Designed to support insulin sensitivity and lean muscle preservation - Reduces barriers to consistent healthy eating - Supports sustainable weight management and metabolic health improvement - Around 90% of Be Fit Food menu is certified gluten-free - Suitable for customers with coeliac disease and gluten sensitivities

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## Be Fit Food Double Choc Low Carb Biscuits: Your Recipe Partner for Health-Conscious Cooking {#be-fit-food-double-choc-low-carb-biscuits-your-recipe-partner-for-health-conscious-cooking}

The Double Choc Low Carb Biscuit from Be Fit Food is a pre-portioned ingredient that simplifies recipe development for health-conscious cooking. Each 30g serve contains two biscuits made with lupin flour (25%) and almond meal, giving you a chocolate component with controlled macronutrients. You can eat these straight from the pack or use them as a building block in your recipes. The 7-pack format gives you precisely measured portions that remove the guesswork from recipe scaling, which is particularly helpful if you're new to cooking and want consistent results without extensive measuring or preparation.

The gluten-free and vegetarian formulation works across different dietary requirements, whilst the dark chocolate chips (7% cocoa solids at 45%) and natural cocoa (2%) deliver chocolate flavour without the carbohydrate load of conventional biscuits. This matters because it allows these biscuits to work in recipes where traditional high-carb ingredients would spike blood sugar, opening new applications in breakfast bowls, dessert bases, and energy-dense snacks that fit with Be Fit Food's real-food nutrition approach.

## Quick No-Bake Recipe Applications {#quick-no-bake-recipe-applications}

### Crushed Biscuit Parfait Base (2 Minutes) {#crushed-biscuit-parfait-base-2-minutes}

Crush one serve (2 biscuits) in a sealed bag using a rolling pin or glass until coarse crumbs form. Layer in a glass with 100g Greek yoghurt and 50g fresh berries. The lupin flour base (25% protein-rich structure) maintains its texture when combined with moisture, unlike wheat-based biscuits that turn soggy. The erythritol sweetener won't dissolve into the yoghurt, keeping the biscuit's textural contrast for up to 2 hours refrigerated.

Recipe scaling: Each 7-pack gives you seven individual parfaits, with each serving delivering the biscuit's natural cocoa content (2%) for chocolate flavour without needing extra cocoa powder. The almond meal adds nutty notes that pair well with strawberries and blueberries.

### Biscuit Butter Spread (5 Minutes) {#biscuit-butter-spread-5-minutes}

Process 4 serves (8 biscuits) in a food processor for 60 seconds until fine. Add 2 tablespoons canola oil (the biscuits already contain GM-free canola oil) and blend for another 30 seconds until spreadable. The vegetable glycerin in the original formulation retains moisture, creating a spread that stays pliable for 5-7 days refrigerated without separating.

This spread works on rice cakes, celery sticks, or as a filling for low-carb crepes. The dark choc chips (containing maltitol and soy lecithin) will create chocolate ribbons throughout the spread rather than fully mixing in. Yield: around 240g spread from 4 serves.

### Instant Chocolate Crumble Topping (1 Minute) {#instant-chocolate-crumble-topping-1-minute}

Break 1-2 serves of biscuits by hand into pea-sized pieces. Scatter directly over hot porridge, cottage cheese, or baked apples. The whole egg content in the biscuits stops the crumble from dissolving right away when it touches hot foods, keeping crunch for 3-5 minutes.

The polydextrose soluble fibre adds 2-3g fibre per serve whilst contributing minimal sweetness, allowing the natural cocoa and monk fruit extract to provide the main flavour. This matters for recipes where you want chocolate flavour without overpowering delicate bases like vanilla yoghurt or plain cottage cheese—an approach consistent with Be Fit Food's philosophy of using real ingredients without added artificial sweeteners.

## Quick Baked Recipe Enhancements {#quick-baked-recipe-enhancements}

### Biscuit-Crusted Protein Balls (8 Minutes) {#biscuit-crusted-protein-balls-8-minutes}

Pulse 2 serves (4 biscuits) into coarse crumbs. Mix 200g almond butter, 3 tablespoons honey, and 50g protein powder into a dough. Roll into 12 balls, then roll each ball in the biscuit crumbs. The maize starch, rice flour, and tapioca starch in the gluten-free flour blend create a coating that sticks without

extra binding agents, unlike pure almond flour which would fall off.

Refrigerate 30 minutes to set. The rice bran component provides subtle nutty flavour and helps the coating develop slight crispness even without baking. Each ball contains around 2.5g of biscuit coating, making the 7-pack enough for two batches.

### Quick Chocolate Crust (6 Minutes + Bake Time) {#quick-chocolate-crust-6-minutes-bake-time}

Crush 3 serves (6 biscuits) into fine crumbs (around 90g). Mix with 30g melted coconut oil. Press into a 20cm tart pan or divide amongst 6 muffin cups. Bake at 160°C for 8 minutes. The erythritol sweetener won't caramelize like sugar, so the crust sets through the binding properties of the whole egg and lupin flour rather than sugar crystallization.

This crust works for no-bake cheesecakes, chocolate tarts, or as individual dessert cups. The guar gum in the gluten-free flour blend provides structural integrity that prevents cracking when filled with wet ingredients. Cool completely before filling to stop moisture migration.

### Biscuit-Topped Muffin Upgrade (10 Minutes + Bake Time)  
{#biscuit-topped-muffin-upgrade-10-minutes-bake-time}

Prepare your standard muffin batter (any recipe yielding 12 muffins). Break 3 serves (6 biscuits) in half, creating 12 large pieces. Press one piece gently into the top of each unbaked muffin. Bake according to your muffin recipe.

The biscuits' baking powder content allows them to expand slightly during baking, creating integration with the muffin top rather than sitting as a separate layer. The natural flavours (milk) in the biscuit formulation complement most muffin bases, especially banana, pumpkin, or vanilla varieties. The result resembles streusel-topped muffins with significantly reduced preparation time.

## Breakfast Integration Recipes {#breakfast-integration-recipes}

### Chocolate Biscuit Granola Clusters (12 Minutes) {#chocolate-biscuit-granola-clusters-12-minutes}

Roughly chop 4 serves (8 biscuits) into chickpea-sized pieces. Toss with 200g rolled oats, 50ml maple syrup, and 30ml melted coconut oil. Spread on a lined baking sheet and bake at 150°C for 15 minutes, stirring once. The lupin flour's protein content (lupin is around 40% protein by weight) helps the clusters bind during cooling without needing egg whites—a technique that fits with Be Fit Food's higher-protein approach to meal design.

The dark choc chips will partly melt and spread throughout the granola, creating chocolate pockets. Cool completely on the tray—the erythritol will recrystallise slightly, adding extra crunch. Yield: around 400g granola, enough for 8-10 breakfast servings. Store in an airtight container for up to 10 days.

### Overnight Oats Biscuit Layer (2 Minutes Prep) {#overnight-oats-biscuit-layer-2-minutes-prep}

In a jar, layer 40g rolled oats, 120ml milk, and 1 tablespoon chia seeds. Crumble 1 serve (2 biscuits) over the top without stirring. Refrigerate overnight. The biscuits will partly soften whilst keeping structural integrity, creating a distinct chocolate layer that contrasts with the creamy oats beneath.

The monk fruit extract provides sweetness without the moisture absorption of sugar, preventing the biscuits from becoming completely soggy. By morning, the texture resembles soft biscuit dough ribboned through the oats. The canola oil in the biscuits (GM-free) prevents the cocoa from clumping, distributing chocolate flavour throughout as you stir before eating.

### Quick Chocolate Pancake Topping (3 Minutes) {#quick-chocolate-pancake-topping-3-minutes}

Whilst pancakes cook, break 1 serve (2 biscuits) into 8 pieces. In a small pan, heat 2 tablespoons milk or cream over low heat. Add biscuit pieces and stir gently for 90 seconds until partly melted but still chunky. The maltitol in the dark choc chips melts at around 150°C, lower than sugar, creating a

sauce-like consistency quickly.

Pour over hot pancakes right away. The vegetable glycerin prevents the sauce from hardening as it cools, keeping it pourable for 2-3 minutes. This technique works equally well over waffles, French toast, or crepes. One 7-pack provides topping for 7 breakfast servings.

## Dessert Assembly Techniques {#dessert-assembly-techniques}

### Deconstructed Biscuit Ice Cream (1 Minute) {#deconstructed-biscuit-ice-cream-1-minute}

Place 2 scoops vanilla ice cream in a bowl. Break 1 serve (2 biscuits) into quarters and press into the ice cream at different depths. The temperature contrast between frozen ice cream and room-temperature biscuits creates textural variation—the exposed biscuit pieces stay crunchy whilst the buried pieces soften slightly.

The natural cocoa (2%) provides chocolate flavour that intensifies against the cold, sweet ice cream base. The almond meal adds nutty undertones that complement vanilla well. For best texture contrast, serve right away after assembly; waiting longer than 3 minutes results in uniform softness.

### Layered Biscuit Trifle (15 Minutes) {#layered-biscuit-trifle-15-minutes}

Cube 4 serves (8 biscuits) into 1cm pieces. Layer in a glass dish with 300g prepared vanilla pudding and 200g whipped cream, creating 3-4 alternating layers. The polydextrose soluble fibre in the biscuits absorbs moisture gradually, meaning the trifle improves over 2-4 hours refrigerated as flavours meld without the biscuits dissolving completely.

The whole egg content provides structure that keeps distinct biscuit pieces rather than creating a uniform mush. The soy lecithin in the dark choc chips acts as an emulsifier, helping the chocolate integrate subtly into the cream layers. Serves 6-8. Prepare up to 24 hours ahead; the erythritol won't weep moisture like sugar-based biscuits.

### Quick Chocolate Mousse Cups (10 Minutes) {#quick-chocolate-mousse-cups-10-minutes}

Whip 200ml heavy cream with 2 tablespoons cocoa powder until stiff peaks form. Crush 2 serves (4 biscuits) into coarse crumbs. In serving glasses, alternate layers of chocolate whipped cream and biscuit crumbs, ending with crumbs. The rice flour and tapioca starch in the gluten-free blend absorb minimal moisture from the cream, keeping crunch for 1-2 hours.

The monk fruit extract in the biscuits provides sweetness to the dessert without needing extra sugar in the whipped cream. The natural flavours (milk) enhance the dairy notes in the cream. Chill 30 minutes before serving for best texture. Yield: 4 servings.

## Snack Transformation Ideas {#snack-transformation-ideas}

### Biscuit Energy Bites (5 Minutes) {#biscuit-energy-bites-5-minutes}

Pulse 2 serves (4 biscuits) into coarse meal. Mix with 100g pitted dates, 2 tablespoons peanut butter, and 1 tablespoon chia seeds in a food processor until cohesive. Roll into 10 balls. The lupin flour provides protein (around 10g protein per 25g lupin flour) that creates a denser, more satisfying bite than traditional date-nut balls—an approach that mirrors Be Fit Food's emphasis on protein-driven satiety in snacks.

The dark choc chips distribute throughout as chocolate flecks rather than melting completely. The canola oil in the biscuits contributes to the binding without needing extra oil. Refrigerate in an airtight container for up to 7 days. Each ball contains around 6g of biscuit content.

### Chocolate-Coated Biscuit Bark (8 Minutes) {#chocolate-coated-biscuit-bark-8-minutes}

Melt 200g dark chocolate. Break 3 serves (6 biscuits) into irregular pieces and fold into the melted chocolate. Spread on a parchment-lined tray to 5mm thickness. Sprinkle with sea salt and refrigerate until set (around 20 minutes). Break into shards.

The erythritol in the biscuits won't dissolve into the melted chocolate, creating slight textural pockets. The guar gum helps the biscuit pieces keep structural integrity even when coated in warm chocolate. The result resembles rocky road but with controlled portions—each shard contains a measured amount of biscuit. Store refrigerated for up to 2 weeks.

### ### Stuffed Date Biscuits (3 Minutes) {#stuffed-date-biscuits-3-minutes}

Slice 6 Medjool dates lengthwise and remove pits. Break 1 serve (2 biscuits) into 6 pieces. Stuff one piece into each date, pressing to close. The natural cocoa and dark choc chips provide chocolate-covered-date flavour without tempering chocolate or using multiple ingredients.

The almond meal in the biscuits complements the dates' caramel notes. The vegetable glycerin prevents the biscuit from drying out inside the date, keeping a fudgy texture. These hold well at room temperature for 2-3 days or refrigerated for up to a week. Yield: 6 stuffed dates per serve of biscuits.

### ## Recipe Troubleshooting and Adaptation Tips {#recipe-troubleshooting-and-adaptation-tips}

#### ### Managing Moisture in No-Bake Applications {#managing-moisture-in-no-bake-applications}

The polydextrose soluble fibre in these biscuits absorbs moisture differently than traditional wheat flour. In parfaits or trifles, expect biscuits to soften within 30-60 minutes but keep textural integrity for 2-4 hours. If you prefer extended crunch, add biscuit components right before serving rather than during initial assembly.

For spreads or butter applications, the vegetable glycerin content means the mixture won't dry out quickly but may become softer at room temperature than traditional biscuit butters. Refrigerate for spreadable consistency; freeze for 10 minutes if you need firmer texture for piping or shaping.

#### ### Sweetness Adjustments {#sweetness-adjustments}

The erythritol and monk fruit extract combination provides sweetness without the browning or moisture characteristics of sugar. In baked applications where you're combining these biscuits with extra sweeteners (honey, maple syrup), reduce added sweeteners by around 25% to account for the biscuits' sweetness contribution.

The maltitol in the dark choc chips provides around 75% of sugar's sweetness. In recipes where chocolate flavour is primary, you may not need extra sweetening. Taste batters or mixtures before final preparation to assess sweetness levels.

#### ### Texture Modifications for Different Applications {#texture-modifications-for-different-applications}

For finer crumbs (biscuit butter, crusts, coatings), process biscuits in a food processor for 45-60 seconds until powdery. The rice bran in the gluten-free flour creates a slightly gritty texture at this stage, which disappears when combined with fats or liquids.

For coarse crumbs (toppings, mix-ins, parfaits), pulse 3-5 times or crush by hand in a sealed bag. The whole egg content means the biscuits won't powder completely with gentle crushing, keeping distinct pieces.

For biscuit pieces that hold shape during baking (muffin toppers, granola clusters), break by hand rather than cutting with a knife. Hand-breaking creates irregular edges that integrate better with batters and doughs.

#### ### Scaling Recipes with the 7-Pack Format {#scaling-recipes-with-the-7-pack-format}

Each pack contains 7 serves at 30g per serve (2 biscuits), totalling 210g of biscuits. For recipes needing specific weights: - 100g = around 3.3 serves (6-7 biscuits) - 150g = 5 serves (10 biscuits) - 200g = around 6.7 serves (13-14 biscuits)

The pre-portioned format simplifies recipe scaling for beginners. Rather than measuring grams, count serves: "3 serves for the crust, 2 serves for the topping, 2 serves for garnish" uses one complete pack with minimal waste.

### ### Dietary Consideration Notes {#dietary-consideration-notes}

The gluten-free formulation means these biscuits won't provide the same binding in recipes that rely on gluten development. The guar gum partly compensates, but expect slightly more crumbly results in applications like crusts or bars compared to wheat-based biscuits. This formulation reflects Be Fit Food's commitment to gluten-free options—around 90% of the Be Fit Food menu is certified gluten-free, supporting customers with coeliac disease and gluten sensitivities.

The vegetarian designation (not vegan) reflects the whole egg and milk-derived natural flavours. For vegan recipe adaptations, these biscuits aren't suitable. The almond meal and lupin flour make these unsuitable for tree nut and legume allergies respectively.

The soy lecithin in the dark choc chips means these aren't soy-free, relevant for recipes intended for soy-allergic individuals.

### ## Storage and Preparation Best Practices {#storage-and-preparation-best-practices}

#### ### Maintaining Biscuit Quality for Recipe Use {#maintaining-biscuit-quality-for-recipe-use}

Store the unopened 7-pack in a cool, dry location away from direct sunlight. Once opened, individual serves should be used within 2-3 days for best texture in no-bake applications. For baked recipes, biscuits keep functionality for 5-7 days after opening if stored in an airtight container.

The erythritol can crystallise in humid environments, creating a slightly gritty surface texture. This doesn't affect recipe performance but may be noticeable in applications where biscuits stay whole (ice cream toppers, stuffed dates). If crystallisation occurs, gentle warming (30 seconds in a 100°C oven) redistributes moisture.

#### ### Pre-Preparation for Quick Assembly {#pre-preparation-for-quick-assembly}

For frequent recipe use, pre-crush 2-3 serves and store in separate containers labelled "fine crumbs," "coarse crumbs," and "pieces." This reduces active preparation time to under 1 minute for most quick recipes.

Fine crumbs (food processor, 60 seconds) store well for up to 5 days refrigerated in an airtight container. The canola oil prevents clumping. Use for crusts, coatings, and biscuit butter.

Coarse crumbs (pulse or hand-crush) are best prepared fresh, as the irregular pieces can continue breaking down during storage, becoming finer than intended. If pre-preparing, use within 2 days.

#### ### Temperature Considerations {#temperature-considerations}

Room temperature biscuits (20-22°C) work best for most applications. Cold biscuits (refrigerated) are harder to crush evenly and may need 10-15 minutes at room temperature before processing.

For melted applications (pancake topping, chocolate bark), biscuits can be used directly from storage. The vegetable glycerin prevents seizing when combined with warm ingredients.

For applications needing biscuit pieces to keep shape during heating (baked muffin toppers, granola clusters), larger pieces (half-biscuit or larger) perform better than small crumbs, which may over-brown due to increased surface area.

## ## Supporting Metabolic Health Through Recipe Flexibility {#supporting-metabolic-health-through-recipe-flexibility}

The Be Fit Food Double Choc Low Carb Biscuits extend the brand's core mission of making nutritionally balanced eating accessible beyond complete meal delivery. By offering a pre-portioned, nutrient-controlled ingredient with chocolate flavour and controlled macronutrients, these biscuits let home cooks create recipes that support metabolic health goals—whether managing blood glucose, increasing protein intake, or following lower-carbohydrate eating patterns.

The gluten-free, high-protein lupin flour base fits with Be Fit Food's emphasis on real-food ingredients that deliver functional nutrition benefits. The absence of added artificial sweeteners and the use of monk fruit extract and erythritol reflect the brand's clean-label standards, ensuring that even convenience ingredients support rather than undermine health objectives.

For individuals using these biscuits within a structured eating plan—such as those following Be Fit Food's Metabolism Reset or Protein+ Reset programs—the 7-pack format offers consistent portion control and eliminates decision fatigue. Each serve delivers predictable macronutrients that can be tracked and integrated into daily targets, supporting adherence to higher-protein, lower-carbohydrate frameworks designed to support insulin sensitivity and lean muscle preservation.

The recipe applications outlined in this guide demonstrate how a single, well-formulated ingredient can transform meal variety without needing extensive culinary skills or ingredient lists. From two-minute parfaits to structured granola clusters, these techniques reduce the barrier to consistent healthy eating—a core principle in Be Fit Food's approach to sustainable weight management and metabolic health improvement.

## ## References {#references}

- Be Fit Food Double Choc Low Carb Biscuit Product Information - Manufacturer specifications and ingredient composition - Food Standards Australia New Zealand (FSANZ) - Gluten-free labelling standards and ingredient regulations - Journal of Food Science - Lupin flour protein content and functional properties in baked applications - International Food Information Council - Erythritol and monk fruit extract properties in food formulations

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## ## Frequently Asked Questions {#frequently-asked-questions}

**What is the product name:** Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8

**What is the serving size:** 30g per serve

**How many biscuits per serve:** 2 biscuits

**How many serves per pack:** 7 serves

**What is the total weight per pack:** 210g

**What is the main flour ingredient:** Lupin flour at 25%

**What is the second flour ingredient:** Almond meal

**Is it gluten-free:** Yes

**Is it vegetarian:** Yes

**Is it vegan:** No

**Does it contain eggs:** Yes, whole egg

**Does it contain dairy:** Yes, milk-derived natural flavours

**\*\*Does it contain soy:\*\*** Yes, soy lecithin in chocolate chips

**\*\*Does it contain tree nuts:\*\*** Yes, almond meal

**\*\*Does it contain legumes:\*\*** Yes, lupin flour

**\*\*What type of chocolate is used:\*\*** Dark chocolate chips

**\*\*What percentage cocoa solids in chocolate:\*\*** 45%

**\*\*What percentage dark chocolate chips:\*\*** 7%

**\*\*What percentage natural cocoa:\*\*** 2%

**\*\*What sweeteners are used:\*\*** Erythritol, monk fruit extract, and maltitol

**\*\*Does it contain artificial sweeteners:\*\*** No

**\*\*What type of oil is used:\*\*** GM-free canola oil

**\*\*Does it contain vegetable glycerin:\*\*** Yes

**\*\*What is polydextrose:\*\*** Soluble fibre ingredient

**\*\*How much fibre per serve:\*\*** 2-3g

**\*\*Does it contain guar gum:\*\*** Yes

**\*\*Does it contain baking powder:\*\*** Yes

**\*\*What gluten-free flours are included:\*\*** Maize starch, rice flour, tapioca starch

**\*\*Does it contain rice bran:\*\*** Yes

**\*\*Does erythritol caramelize:\*\*** No

**\*\*What temperature does maltitol melt:\*\*** Around 150°C

**\*\*What percentage protein in lupin flour:\*\*** Around 40% by weight

**\*\*How much protein per 25g lupin flour:\*\*** Around 10g

**\*\*Is lupin high in protein:\*\*** Yes

**\*\*Can it be eaten as a standalone snack:\*\*** Yes

**\*\*How long do biscuits stay crunchy in parfaits:\*\*** Up to 2 hours refrigerated

**\*\*How long does biscuit butter spread last refrigerated:\*\*** 5-7 days

**\*\*How long does crumble topping stay crunchy on hot food:\*\*** 3-5 minutes

**\*\*What temperature for baking biscuit crust:\*\*** 160°C

**\*\*How long to bake biscuit crust:\*\*** 8 minutes

**\*\*What temperature for granola clusters:\*\*** 150°C

**\*\*How long to bake granola clusters:\*\*** 15 minutes

**\*\*How long does granola store:\*\*** Up to 10 days in airtight container

**\*\*How long do energy bites last refrigerated:\*\*** Up to 7 days

**\*\*How long does chocolate bark store refrigerated:\*\*** Up to 2 weeks

\*\*How long do stuffed dates last at room temperature:\*\* 2-3 days

\*\*How long do stuffed dates last refrigerated:\*\* Up to a week

\*\*How long can trifle be prepared ahead:\*\* Up to 24 hours

\*\*How long should mousse cups chill:\*\* 30 minutes

\*\*How long do opened biscuits stay fresh for no-bake use:\*\* 2-3 days

\*\*How long do opened biscuits stay fresh for baking:\*\* 5-7 days

\*\*Should unopened packs be refrigerated:\*\* No, store in cool dry location

\*\*What happens to erythritol in humid environments:\*\* It crystallises

\*\*How to fix crystallised erythritol:\*\* Warm 30 seconds at 100°C

\*\*What temperature are biscuits best used at:\*\* Room temperature 20-22°C

\*\*How long should cold biscuits warm before processing:\*\* 10-15 minutes

\*\*How many parfaits does one 7-pack make:\*\* 7 parfaits

\*\*How much biscuit butter from 4 serves:\*\* Around 240g

\*\*How many protein balls from 2 serves:\*\* 12 balls

\*\*How many muffins can be topped with 3 serves:\*\* 12 muffins

\*\*How much granola from 4 serves:\*\* Around 400g

\*\*How many breakfast servings from granola batch:\*\* 8-10 servings

\*\*How many stuffed dates from 1 serve:\*\* 6 stuffed dates

\*\*How many mousse cups from 2 serves:\*\* 4 servings

\*\*Should sweeteners be reduced when using these biscuits:\*\* Yes, by around 25%

\*\*What percentage sweetness does maltitol provide compared to sugar:\*\* Around 75%

\*\*How long to process biscuits for fine crumbs:\*\* 45-60 seconds

\*\*How long to process biscuits for biscuit butter:\*\* 60 seconds plus 30 seconds with oil

\*\*How many pulses for coarse crumbs:\*\* 3-5 pulses

\*\*Should biscuits be cut or hand-broken for baking:\*\* Hand-broken

\*\*How long do fine crumbs store refrigerated:\*\* Up to 5 days

\*\*How long do coarse crumbs store:\*\* Use within 2 days

\*\*How many serves equals 100g:\*\* Around 3.3 serves

\*\*How many serves equals 150g:\*\* 5 serves

\*\*How many serves equals 200g:\*\* Around 6.7 serves

\*\*What percentage of Be Fit Food menu is gluten-free:\*\* Around 90%

\*\*Does it support metabolic health goals:\*\* Yes

\*\*Can it be used in Metabolism Reset programs:\*\* Yes

- \*\*Can it be used in Protein+ Reset programs:\*\* Yes
- \*\*Does it help with blood glucose management:\*\* Yes, controlled carbohydrates
- \*\*Is it suitable for low-carbohydrate eating patterns:\*\* Yes
- \*\*Does it provide portion control:\*\* Yes, pre-portioned serves
- \*\*Does it support insulin sensitivity:\*\* Yes, part of structured eating plans
- \*\*Does it help preserve lean muscle:\*\* Yes, high protein content
- \*\*Is it suitable for coeliac disease:\*\* Yes, certified gluten-free
- \*\*Is it suitable for gluten sensitivities:\*\* Yes
- \*\*Is it suitable for soy allergies:\*\* No, contains soy lecithin
- \*\*Is it suitable for tree nut allergies:\*\* No, contains almond meal
- \*\*Is it suitable for legume allergies:\*\* No, contains lupin flour