



Oat and raisin cookies

Super easy, super healthy and super tasty! These cookies are bursting with fruit and full of wholegrain goodness. The oats provide slow release energy and the flaxseed a healthy dose of omega 3 fats.

You will need:

100g unsalted butter	1 heaped tbsp flaxseed
120g light brown sugar	80g raisins or sultanas
130g wholemeal flour	1 egg
1 tsp baking powder	1 tsp vanilla essence
100g oats	1/2 tsp cinnamon

Makes 16 cookies

To make your cookies

1. Using a wooden spoon cream the butter and the sugar together in a large bowl.
2. In a second bowl mix together the flour, baking powder, oats, flaxseed and cinnamon.
3. Crack the egg into the sugar & butter mixture, add the vanilla essence and beat together well.
4. Mix the dry mixture of flour, oats, sultanas, flax, baking powder & cinnamon into the bowl with the butter, sugar & egg. Combine the ingredients well to form a dough like mixture.
5. Divide the dough into 8 equal pieces. Split each piece in two and roll them into balls using your hands. You should end up with 16 balls.
6. Place each ball, one at a time on the greased baking tray and use the palm of your hand to gently squash it into a cookie shape. Repeat with all of the balls, making sure to leave space between each one as they will grow in the oven.
7. Bake your cookies in the oven at 180°C for approx 15 min, or until cookies are golden brown & slightly springy on the top.

Mighty Tip!

You can leave the flaxseed out & just add an extra 20g of oats instead.