

CRANBERRY, ORANGE, MIXED SPICE & OAT COOKIES



QUICK

Less than 15 mins

HEALTHY

Oats are a whole-grain food, rich in fibre and high in many vitamins and minerals.

FAMILY

These are refined sugar free, dairy free and gluten free

MEALS

Makes about 22 crumbly, delicious biscuits.

INGREDIENTS

- 125g oats
- 125g oats to turn into flour
- 1 tsp bicarb of soda
- 4-5 tsp mixed spice (depends how fresh/strong it is)
- 175g coconut oil
- 2 tbs honey or maple syrup
- Pinch of salt
- Zest of 2 oranges
- 100g cranberries

METHOD

- 1) Preheat the oven to 180°C
- 2) Put 125g oats into a food processor/ Vitamix/blender and turn them into flour
- 3) Put all the ingredients (except the cranberries) into a mixer - Mix
- 4) Add the cranberries at the end and mix
- 5) Roll into balls and flatten slightly till approx. 3 cm across and 1 cm high
- 6) Bake for 12-15 minutes – keep an eye...timing depends on the oven
- 7) **Let them cool for 5 minutes** then transfer to a cooling rack to cool more .
NB - they can be very crumbly!
- 8) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com