

Honey Cookies

Recipe with thanks from Glen Huon Primary School

Traffic light category: **Amber**

Serves: 18 (25g each)

Ingredients

- 60g polyunsaturated margarine
- 140g honey
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup wholemeal plain flour
- $\frac{1}{2}$ cup self raising flour
- $\frac{1}{2}$ teaspoon bicarbonate of soda

Method

1. Preheat oven to 180°C, line two trays with baking paper
2. Place the margarine, honey and vanilla in small bowl of an electric mixer and beat for 5 minutes
3. Add flours and bicarb soda, mix until a smooth dough forms
4. Roll out to a thin rectangle approximately 2mm thick
5. Use a variety of cookie cutters to cut shapes
7. Place on prepared trays, bake for 5 - 8 minutes or until golden brown, cool on wire rack
8. Store in an airtight container.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	323kJ	1322kJ
Protein	1.4g	6.1g
Total fat	1.0g	4.1g
Saturated fat	0.1g	0.6g
Carbohydrate	15g	62g
Sugars	6.5g	35g
Dietary fibre	1.1g	4.8g
Sodium	45mg	187mg



Promotion idea

Glen Huon Primary School had a Scholastic Book Fair promotion titled 'Paws for Books'. Recess items included cookies shaped as bones and dogs as well as 'Pup Corn'.



Supporting healthy choices

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