

Cookies - Thermomix

Recipe with thanks from Glen Huon Primary School

Traffic light category: **Amber**

Serves: 22 (30g each)

This recipe can be made the conventional way with a standard mixer

Ingredients

- 125g polyunsaturated margarine
- ½ cup caster sugar
- ½ cup brown sugar
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup self raising wholemeal flour
- ¾ cup rolled oats
- 125g dried fruit

Method

1. Preheat oven to 180°C, line 2 baking trays with baking paper
2. Place the margarine, caster sugar, brown sugar and vanilla extract into the TM bowl
3. Mix for 80 seconds/speed 6, scrape down the sides of the bowl after 40 seconds
4. Add the egg and mix for a further 20 seconds/speed 6
5. Scrape down the sides of the bowl, add flour and mix for 40 seconds/speed 4
6. Add rolled oats and dried fruit and mix on reverse, 10 seconds/speed 3
7. Roll into tablespoon sized balls and place onto the baking trays, leave a gap to allow for spreading
8. Bake for 10-12 minutes or until lightly golden, allow to cook on racks.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	444kJ	1424kJ
Protein	1.4g	4.8g
Total fat	3.2g	10g
Saturated fat	0.5g	1.9g
Carbohydrate	17g	56g
Sugars	12g	38g
Dietary fibre	1.3g	4.2g
Sodium	119mg	383mg



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