

Oat Cookies

Recipe with thanks from Glen Huon Primary School

Traffic light category: **Amber**

Serves: 24 (28g each)

Ingredients

- 120g polyunsaturated margarine
- ½ cup sugar
- 1 teaspoon golden syrup
- 1 teaspoon bicarbonate of soda
- 2 teaspoon boiling water
- 1 cup rolled oats
- 1 cup plain wholemeal flour
- 1 teaspoon

Method

1. Preheat oven to 180°C, line 2 baking trays with baking paper
2. Place margarine, sugar and golden syrup in a small saucepan, stir until margarine has melted and sugar has dissolved
3. Dissolve bicarbonate soda in water and add to sugar mixture
4. Stir in flour, rolled oats and baking powder
5. Place teaspoons of mix on a tray, flatten slightly with a fork
6. Bake for 10-15 minutes, allow to cook on a wire rack.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	387kJ	1377kJ
Protein	1.1g	4.1g
Total fat	2.7g	9.8g
Saturated fat	0.5g	1.7g
Carbohydrate	15g	55g
Sugars	10g	35g
Dietary fibre	1g	3.5g
Sodium	66mg	237mg



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