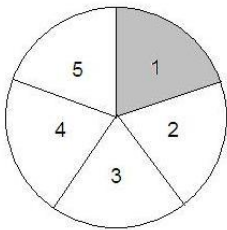


Oatmeal Cookies

Serves 25

Portions of fruit & vegetables per serving: approx 1



Oven Needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains egg

Contains milk

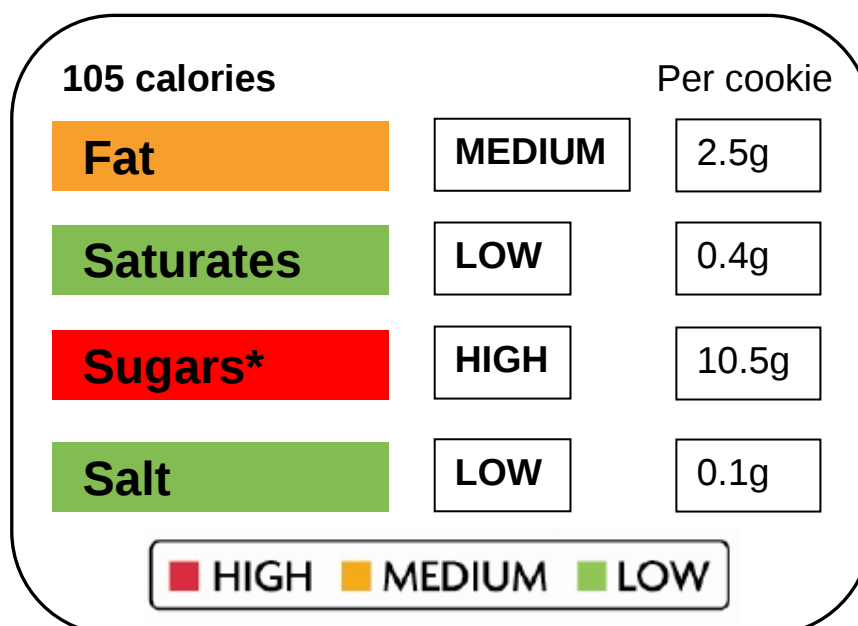
May contain sulphur
dioxide

Ingredients	Amount	Preparation
wholemeal or plain flour	150g (6oz)	
porridge oats	175g (7oz)	
sugar or sweetener	75g (3oz)	
raisins	250g (9oz)	
baking powder	$\frac{1}{4}$ teaspoon	
ground cinnamon	$\frac{1}{4}$ teaspoon	
ground nutmeg	$\frac{1}{4}$ teaspoon	
reduced fat spread	50g (2oz)	melted
eggs	2 medium	beaten
skimmed milk	100ml ($\frac{1}{5}$ pint)	
vegetable oil	$\frac{1}{4}$ teaspoon	for greasing

Please Turn Over

Method

- 1 Preheat the oven to 400°F/200°C/gas mark 6 then rub a little of the oil onto a baking tray.
- 2 Place the flour, oats, sugar, raisins, baking powder, cinnamon and nutmeg in a bowl.
- 3 Add the melted reduced fat spread, eggs and milk and mix well.
- 4 Shape into 25 equal balls and flatten slightly (to form discs approximately 5cm / 2 inches in diameter). Place on the prepared baking tray and bake for 10 minutes.
- 5 Allow to cool on a wire rack.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Oatmeal cookies are a good snack alternative to chocolate as they contain more fibre and are lower in fat and sugar.