

SNACK

OAT AND RAISIN COOKIES



SHOPPING LIST:

- 180g oats
- 50g butter (or coconut oil to make them dairy free)
- 2 bananas
- 1 tsp vanilla extract
- ½ tsp mixed spice
- 50g raisins

COSTING: *8.3p per serving







NUTRITIONAL INFORMATION:

Calories: 102kcal |
Carbohydrates: 14g | Sugar 5.1g | Fat: 4g | Saturated fat: 2g | Protein 1.8g | Salt: 0g | Fibre: 1.5g

This recipe has no added sugar so does not count towards your 'free sugar' intake. In addition, the oats are a great source of fibre, which helps regulate bowel movement and makes us feel full.

Preparation time:	Cook time:	Servings:
10 mins	20 mins	14

DIRECTIONS:

		
1. Weigh out your ingredients.	2. Use a fork to mash the banana into a bowl. Melt the butter then combine this in with the banana.	3. Add in the egg and vanilla and whisk until fully combined.
		
4. Add in the dry ingredients and give it a good mix until it forms a dough.	5. Portion the cookie dough out into 14 balls on a lightly greased baking tray. Flatten the balls slightly with the back of a spoon. Cook in a preheated oven at 180 °C/gas mark 4 for 17-20 minutes or until slightly golden.	6. Remove from the oven and put on a rack to cool. Eat warm or leave to cool and consume within 3 days. These delicious cookies can also be frozen to eat another day.

*average supermarket pricing as of March 2021