

Healthy Fruit & Nut Soft Oat Biscuits

Makes about 15 Biscuits

Preparation Time; 15 mins

Cooking Time; 15-18 mins

Ingredients:

- 100 g Instant porridge oats (finer porridge oats)
- 30g Wheatgerm*
- 90g Plain flour*
- 1 Tsp Baking powder
- 1 Tsp Cinnamon
- 1 Large carrot - finely grated (around 100 g)
- 1 Large apple - grated (around 85g)
- 50g Raisins
- 50g Dried Apricot - chopped
- 35g Flaked almonds
- 35g Almonds, pecans or brazil nuts - chopped
- 115 g Coconut oil (melted and slightly cooled)
- 115 g Runny honey (or maple syrup)



Method:

1. Line a large baking tray with baking paper and heat your oven to 190°C (fan).
2. Peel and finely grate the carrot. Grate the apple, no need to peel.
3. In a large bowl mix all the ingredients together until well combined.
4. The mixture will start to clump together, when this starts to happen to bring the mixture together with your hands - don't forget to wash your hands!
5. Roll into golf sized balls in the palm of your hand. Pop onto the prepared baking tray and slightly flatten the tops with the back of a fork. They should be about 1cm high.
6. Bake in the centre of the oven for 15-18 mins until lightly golden.
7. Remove from the oven and leave to cool on the baking tray.
8. Enjoy!

Author Tips;

You can freeze for up to a month. Simply start at step 2 and follow the recipe up to step 5, rolling into balls before freezing. Place the dough balls in a freezer bag and defrost before baking.

Swap the raisins or apricot with dark chocolate pieces for another delicious alternative.

If the honey is too thick, warm it a little to make it runnier, this will make the binding of ingredients easier.

* I have made these with 120 g Whole wheat flour and they were just as tasty. If you don't have wheatgerm just use 120g plain flour or wholewheat flour.