

# Oat Cookies

## Ingredients Provided

Our Homemade Cookie Dough  
Fresh Fruit

## Optional Ingredients

You can add your own personal twist to this recipe by adding in ingredients from home, such as raisins or sultanas, or, you could even grate one of your carrots and combine it really well into the mix.

## Directions

- Pre-heat the oven to 180 degrees.
- If you have some parchment paper available, line a baking tray to help prevent the cookies sticking. If not you can rub a little margarine over the tray.
- Roll your cookie dough into 8-10 balls. Try to make each ball the same size.
- Lightly press each ball onto the baking tray.
- Bake for 10-15 minutes, or until just turning golden. Leave the cookies to cool for a few minutes, before removing from the tray.

You can enjoy your cookies warm or cold. Store your cookies in an airtight container and they'll last for days. We think they get even better after a day or two.

Enjoy with a portion of fruit to help achieve your five a day.

## FOOD FACT

*Our cookie mix contains oats, a healthy whole grain food that provides lots of fibre. Fibre helps our bodies process the food we've eaten and fight off disease. Although baking with oats adds some health benefits, we shouldn't eat too many sugary foods. They can be dangerous for our bodies and cause tooth decay. Fruit is naturally sweet and a great alternative to sweet desserts!*