

Carrot, Date and Oat Biscuits

Serves: 8 (makes 16 biscuits)

Prep time: 10 minutes

Cook time: 10-15 minutes



½ serve per portion

Ingredients

1 cup rolled oats

¾ cup wholemeal flour

1 ½ teaspoons baking powder

1 ½ teaspoons cinnamon

2 tablespoons light olive oil

1 egg

1 teaspoon vanilla extract

¼ cup maple syrup *OR* ½ cup packed brown sugar

1 medium carrot grated

½ medium banana mashed

30g pitted dates (chopped)

¼ cup slivered almonds

Method

MIX oats, flour, baking powder and cinnamon in a medium bowl. In a separate bowl whisk oil, egg, vanilla and mashed banana.

ADD wet ingredients to the dry, stirring until combined.

FOLD in carrots, dates and almonds.

CHILL mixture for 30 minutes in fridge.

PREHEAT oven to 160°C and line a tray with baking paper.

ROLL 16 balls out of the dough and place on baking tray, making sure to leave enough space between each ball for the biscuit to spread as it bakes.

BAKE for 10-15 minutes or until golden brown.



Discretionary Food

Recipe courtesy of the Country Kitchens team