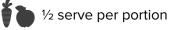
Carrot, Date and Oat Biscuits

Serves: 8 (makes 16 biscuits) Prep time: 10 minutes Cook time: 10-15 minutes



Ingredients

1 cup rolled oats
³/₄ cup wholemeal flour
1 ¹/₂ teaspoons baking powder
1 ¹/₂ teaspoons cinnamon
2 tablespoons light olive oil
1 egg
1 teaspoon vanilla extract
1⁴ cup maple syrup *OR* ¹/₂ cup packed brown sugar
1 medium carrot grated
1⁴/₂ medium banana mashed
30g pitted dates (chopped)
1⁴/₄ cup slivered almonds



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.

Recipe courtesy of the Country Kitchens team





Discretionary Food

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