

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

Oat Cookies Makes 12

3 easy and healthy oatmeal cookie recipes - Peanut butter & banana oatmeal cookies, Maple & chocolate chip oatmeal cookies and Applesauce oatmeal cookies. All these cookies are easy to make, healthy and delicious.

There are no pictures with this recipe but the video shows you how to make all 3 types of cookie. You choose which one is best for you and your family.

Video link: https://www.youtube.com/watch?v=-xkpHye6H_E

Safety first...

Check with
an adult
before
using the
cooker

Use bridge
and claw
grip when
using
knives

Always use
oven gloves

Peanut butter & banana oatmeal cookies:

Ingredients

2 ripe bananas
150g oats
75g peanut butter
50g chocolate chips (optional)
½ tsp vanilla extract

Method

1. Preheat oven to 180°C or gas mark 5
2. In a large bowl, mash bananas, add peanut butter and vanilla extract. Stir until incorporated and smooth. Add oats and chocolate chips, stir until combined.
3. Roll into balls, place on a baking sheet lined with parchment paper. Slightly flatten with.
4. Bake for 10-12 minutes or until lightly browned.

Maple & chocolate chip oatmeal cookies:

Ingredients

100g oats
100g Self Raising flour
1 tsp cinnamon
2 tbsp oil
¼ tsp salt
100g maple syrup or honey
1 egg
½ tsp vanilla extract (optional)
100g chocolate chips

Method

1. Preheat oven to 180°C or gas mark 5
2. In a large bowl, whisk together oats, flour, baking powder, cinnamon, and salt.
3. In other bowl whisk together egg, maple syrup, coconut oil and vanilla extract.
4. Add the wet ingredients to the dry ingredients and stir until combined. Add the chocolate chips and give a last stir.
5. Refrigerate the dough for 30 minutes. Roll into balls. place on a baking sheet lined with parchment paper. Slightly flatten.
6. Bake for 12-13 minutes or until lightly browned.

Applesauce oatmeal cookies:

350g unsweetened applesauce or blended tinned fruit eg peaches
175g oats
30 dried sultanas or cranberries
2 tbsp desiccated coconut

Applesauce oatmeal cookies:

1. Preheat oven to 180°C or gas mark 5
2. In a large bowl whisk together oats, desiccated coconut, cinnamon and dried cranberries.
3. Add applesauce and stir until incorporated.
4. Roll into balls, place on a baking sheet lined with parchment paper.
5. Bake for 18-20 until lightly browned.

Remember to take a photo of your cookies and complete the evaluation sheet