

## Oat and seed cookies

Preparation time: 15 mins, baking time 12 – 15 mins

### Ingredients:

- ½ cup pitted dates (soak in boiling water for 5 mins if hard)
- 3 tbsp brown rice syrup
- ¼ cup melted butter or coconut oil
- 1 tsp vanilla extract
- 2 cups oats
- ¼ cup sunflower seeds
- 1 ½ tbsp ground linseeds
- 1 handful dark chocolate chips / raisins (optional)

### Directions:

- Preheat oven to 180C and line a baking sheet with parchment paper or reusable silicon liner
- place the dates, brown rice syrup, butter / coconut oil and vanilla extract in a blender and blitz well until a smooth paste is formed
- add the oats, sunflower seeds and linseeds and pulse briefly to combine, then add the choc chips or raisins and stir through
- gently roll a dessert spoon of mixture in your hands to form a ball, then place on baking tray and squash flat with the palm of your hand. Repeat with rest of the mixture.
- If mixture is too wet, add more ground linseeds. If too dry add water or some of the date soaking water
- Bake for 12 – 15 mins until lightly browned underneath. Leave to cool on the tray for a chewer cookie

These nut free cookies are a good option as a healthy treat for school lunchboxes

Brown rice syrup is a natural sweetener made from cooked brown rice. It works well in recipes needing some crunch like cookies, granola and flapjacks. Maple syrup can be used instead but will give a softer consistency