

Carrot, Date and Oat Biscuits

Serves: 8 (makes 16 biscuits)

Prep time: 10 minutes + 30 minutes chill time

Cook time: 10-15 minutes



½ serve per portion

Ingredients

¼ cup pitted dates, chopped

¼ cup water

¼ teaspoon baking soda

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

½ cup brown sugar

½ medium banana mashed

1 medium carrot grated

¼ cup slivered almonds



Discretionary Food

Method

COMBINE chopped dates, water and baking soda in a small bowl and let sit for 5 minutes to soften dates.

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

ADD wet ingredients to dry, stirring until combined.

FOLD in carrots, dates (do not drain) and almonds.

CHILL mixture for 30 minutes in fridge.

PREHEAT oven to 160°C and line two baking trays with baking paper.

ROLL 16 balls out of the dough and place on baking trays then flatten with a fork.

BAKE for 10-15 minutes or until golden brown.

Recipe courtesy of the Country Kitchens team