



MULTI GRAIN COOKIES



Chang Ming Health Diet



1

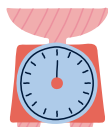
INGREDIENTS

120g sunflower spread (margarine/butter)

120g honey

60g oats

140g wholemeal self-raising flour or mixed flours (maize, rye, buckwheat, soya, wholemeal, barley, brown rice flour)



2

MIX

Beat the honey and margarine together.

Add the oats and any other flavourings (see below)

Add the flour and mix until a dough is formed.

Roll out and cut into shapes.

Place cookies on a greased baking tray



3

BAKE

Preheat oven

200c / 400f / gas mark 6

Bake for approx. 20 mins until golden brown



4

VARIATIONS

Ginger Cookies:
grate fresh root ginger

Sultana & Mixed Spice:
add sultanas and mixed spice to taste

Carob:
Add 2 dessert spoons of carob powder
for that chocolatey taste