

# CINNAMON, RAISIN, LEMON AND OAT COOKIES



## QUICK



15 mins

## HEALTHY

Oats are a whole-grain food, rich in fibre and very high in many vitamins and minerals.

## FAMILY

These are refined sugar – free, dairy free and gluten free

## MEALS

Makes about 22 crumbly, delicious biscuits.

## INGREDIENTS

- 150g oats
- 100g ground almonds
- 1 tsp bicarb of soda
- 2 tsp ground cinnamon
- 175g coconut oil
- 2 tsp vanilla extract
- 2 tbs agave/honey maple syrup
- 100g raisins
- Pinch of salt
- Zest of 2 lemons and juice of 1 lemon

## METHOD

1. Preheat the oven to 180°C
2. Put the oats into a food processor/ Vitamix/blender and turn them into flour
3. In a food processor mix all the dry ingredients
4. Then all the wet ingredients
5. Add the raisins at the end and mix
6. Roll into balls and flatten slightly
7. Bake for 12-15 minutes – keep an eye...timing depends on the oven
8. Let them cool for 5 minutes then transfer to a cooling rack to cool more - be careful – they are very crumbly!
9. When I plate up, I grate some more lemon zest over the top so that the oil from the lemon squirts over the biscuits. Yum!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)