

Ginger & Coconut Oat Cookies

SERVING

Makes about 10 cookies

PREP TIME

20 minutes

COOK TIME

Preheat oven to 200C

Cook for 14 minutes

INGREDIENTS

130g oat flour

90g whole rolled oats

40g desiccated coconut*

60g extra virgin olive oil

90g maple syrup or honey or a mixture of both**

½ teaspoon bicarbonate soda mixed with 1 tablespoon hot water just before using

4 teaspoons dried ground ginger

*Preservative free, sulphite free.

**More if you like them sweeter.

These easy-to-make-in-a-flash cookies are great for your gut because the oats contain soluble and insoluble fibre loved by your gut and your gut microbiome.

Plus the ginger helps aids digestion and with reducing inflammation in the gut.

METHOD

To make the oat flour, pop 130g oats into a high speed smoothie maker/blender and grind until flour forms.

Mix all the ingredients together in a bowl.

Take about 1 heaped tablespoon of mixture into your hands and firmly press it into a ball, then gently flatten the mixture in your hand to a cookie shape.

Place cookie on a baking/parchment paper lined baking tray & repeat with remaining mixture.

Pop the tray into the oven and bake for 15 minutes, or a little longer depending on whether your oven is fan forced. The cookies should turn golden on top.

Remove the cookies from the oven and leave to cool completely before handling.

