

Healthy Oat Bickies

INGREDIENTS

Makes 20

1 cup Oats*
½ cup desiccated coconut
½ teaspoon iodised salt
1 teaspoon cinnamon
1 cup walnuts*
8 medjool dates, pitted
1 organic egg

* you can replace the oats with quinoa flakes and the walnuts with pepitas if required.



METHOD

1. Heat oven to 170°Celsius. Line a large baking tray with baking paper.
2. Place oats, coconut, salt and cinnamon in a large bowl and mix well.
3. If you have a food processor, use it to chop the walnuts. If you don't have a food processor get chopping! Chop fine. Transfer to the bowl.
4. Place dates and egg in the food processor and whizz until dates are chopped. (or chop those dates by hand & whisk in the egg.)
5. Add all ingredients back into the food processor and whizz until combined. OR Transfer to the bowl and mix well with your hands.
6. Spoon out 20 lumps & place on the tray. Shape roughly into balls and flatten with a fork.
7. Bake for 15 minutes. Remove from oven. Transfer to a cooling rack and allow to cool completely.

Eat 2 with a piece of fruit or a cup of tea for morning or afternoon tea.