



RASPBERRY OATIE COOKIES

Preparation: 10 mins

Cooking: 25 mins

Serves 20, costs under £4.00

 Vegetarian

INGREDIENTS

- 11 Tablespoons Self Raising Flour (225g) (Level measures)
- 12 Tablespoons Low Fat Spread (175g)
- 9 Tablespoons Sugar (175g)
- 1 Tub Raspberries (300g) (fresh or defrosted)
- 12 Tablespoons Oats (175g)

TIP

Can be made in advance and once cooled stored in an airtight container

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

METHOD

1. Preheat the oven to 190°C / 170°C fan oven / 375°F / gas mark 5
2. Put the flour into a bowl and mix in the low fat spread using fingers to rub them together
3. Stir in the oats and sugar then rub in a little more
4. Line a deep baking tin (20cm x30cm) with greaseproof paper and press half of the mixture into the tin
5. Squash the raspberries slightly then scatter over the top of the mix
6. Cover with the remaining mixture and press down firmly
7. Bake in oven for 20-25 minutes or until golden brown
8. Leave to cool for 10 minutes then cut into squares

NUTRITIONAL INFORMATION

Based on a
single serving
of 50g

ENERGY
139 kcals
584 kJ

FAT
4.2g

MED

SATURATES
1.0g

MED

SUGAR
10.3g

MED

SALT
0.3g

MED

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



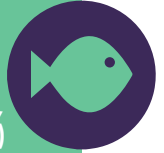
Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

