



# Lockdown Cookies

(Makes 16)

“For when you need to get creative with what you have”

## INGREDIENTS

1/2 C Flour

1/2 C Puree

1/4 C Nut butter

1/4 C Dried fruit

1/4 C Desiccated Coconut

1 tsp Baking Powder

2 tsp Vanilla Essence

## METHOD

Preheat oven to 180deg C.

Line a tray with non stick baking paper. In a bowl combine all the ingredients together until it forms a sticky dough. Shape generous teaspoonful's into balls and press with a fork to flatten.

Bake 15-20 mins until crisp & golden.

## NOTES

Use plain flour, *oat flour\** gluten free flour, *wholemeal flour\** or buckwheat flour. For **\*WEIGHT LOSS** grind oats into coarse flour or use wholemeal flour for the extra fibre. Make recipe occasionally.

The puree can be apple, pear or banana (you could use tinned fruit and blend).

Nut butter can be peanut, cashew, almond, tahini.

Dried fruit can be cranberries, sultanas, raisins, chopped apricots, dates etc.