



# Biscuits - Oat Cakes

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 16

## **Ingredients:**

1 cup medium cut oats, (available from health food shops) (150g)

1/2 cup wholemeal self-raising flour, (60g)

1 tablespoon sugar

1 tablespoon butter

1/2 teaspoon cinnamon

## **Method:**

1. Combine all ingredients and mix well.
2. Add enough boiling water to make a firm dough.
3. Knead mixture, roll out onto a floured board to ½ cm thickness and cut into rounds.
4. Place on non-stick baking trays. Bake in a moderately slow oven (160°C/325°F) for 12 to 15 minutes, or until light brown.
5. Remove from tin and cool. Store in an airtight container.

## **Nutritional Analysis per serve:**

energy 203kj (48cals), protein 1.1g, carbohydrate 7.0g, fibre >1g, fat 1.6g cholesterol 3.1mg, sodium 34mg