

Oaty energy biscuits (makes 6)

Not all biscuits are healthy but we all need to treat ourselves sometimes. Using an ingredient like oats or dried fruit can give us a healthy energy boost.

Cooking Aims:

To use measuring cups and balancing scales to weigh ingredients.

To mix ingredients to create a dough.

Ingredients:

- 50g dried apricot (cut into small pieces)
- 50g soft butter
- 50g light brown sugar
- 2 tbsp condensed milk
- 50g rolled oats
- 85g self-raising flour



What we need to do:

- Heat the oven to 150C.
- Line a baking tray with baking parchment.
- Add the soft butter and sugar to a mixing bowl. Mix well with a wooden spoon.
- Then, add the condensed milk with the oats and apricots. Mix well.
- Finally, add the flour and mix until it disappears.
- Make one big ball of dough and split into 6 equal sized balls.
- Squash each ball onto the baking parchment with the palm of your hand.
- Bake for 25 - 30 minutes.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome