

## Oaty Cookies

I'm not trying to suggest that these cookies are a health food, but with oats, seeds and dried fruit, they've got more redeeming features than a lot of treat foods, and they are super yummy! ☺

- 1 heaped cup rolled oats
- 1 heaped cup flour
- 1 cup desiccated coconut
- ¼ cup dried Goji berries
- ¼ cup dried cranberries
- ¼ cup raisins
- 1/3 cup pumpkin seeds
- 3 tablespoons sunflower seeds
- ½ cup raw sugar
- 125gm butter
- ½ cup golden syrup or maple syrup
- 1 tsp baking soda
- 2 Tbsp boiling water

Put rolled oats, flour, coconut, dried fruit, seeds and sugar into a large mixing bowl. Put butter and syrup into a saucepan and melt together over a low heat. Leave to cool for a few minutes. Add soda dissolved in water to butter and syrup (it will foam up!) and then pour onto dry ingredients and mix thoroughly. Shape mixture into balls, place on a baking tray lined with baking paper and flatten with the palm of your hand or a fork. Bake at 175°C for 10-12 minutes until golden.

