



FRUIT & NUT OAT BISCUITS

These hearty biscuits combine the natural sweetness of dried fruits with the crunch of nuts and the wholesomeness of oats. They're perfect as an energy-boosting snack, offering a good balance of complex carbohydrates and healthy fats. The mixed spice adds a warming flavor that complements the fruit beautifully.

 20 minutes

 40 minutes

 14 portions

INGREDIENTS

- 120 grams of rolled oats
- 80 grams of wholemeal flour
- 70 grams of butter, unsalted
- 50 grams of honey or 50 grams of maple syrup
- 30 grams of dried apricots, chopped
- 30 grams of raisins
- 25 grams of almonds, chopped or 25 grams of walnuts, chopped or 25 grams of pistachios, chopped
- 1 medium egg
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of mixed spice

COOKING METHOD

- 1° Preheat oven to 170°C [150°C fan].
- 2° Combine oats, flour, baking powder, and mixed spice.
- 3° Melt butter with honey/maple syrup, then pour over dry ingredients.
- 4° Add dried fruit and nuts (use any dried fruit or mix of nuts), then the beaten egg. Mix well.
- 5° Take tablespoons of the mixture and shape into rounds on a lined baking tray.
- 6° Flatten slightly with the back of a spoon.
- 7° Bake for 15-18 minutes until golden.
- 8° Store in an airtight container for about 5 days.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [32 g]	% DRI
ENERGY	377 kcal	122 kcal	6 %
PROTEIN	8 g	3 g	5 %
CARBOHYDRATE	44 g	14 g	5 %
SUGARS	16 g	5 g	6 %
FAT	20 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	9 g	3 g	15 %
FIBER	5 g	2 g	6 %
SODIUM	77 mg	25 mg	1 %