

Recipe: Old School Cookie Monster

Dessert

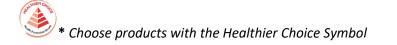
Plain cookies made with wholemeal flour for a wholegrain spin on the family's favourite cookie.

Preparation time: 20 minutes Cooking time: 12 minutes Serves: 20 children

Makes about 25 cookies (per piece 25 g)

Ingredients

- Ingredients A:
 - 225 g plain flour
 - 75 g of wholemeal flour
 - 2 teaspoons of baking powder
 - ½ teaspoon of salt
 - 100 g of granulated sugar
- 2 eggs, beaten
- 100 ml of canola oil*
- 2 teaspoons of vanilla extract



Methods

- 1. Line parchment paper onto a baking sheet and pre heat oven to 200° C.
- 2. Place all the dry ingredient into a mixing bowl and mix thoroughly.
- 3. Make a well in the middle of mixing bowl and add eggs, canola oil and vanilla extract.
- 4. Mix until all ingredients are combined. Use hand to ensure that the ingredients are properly mixed.
- 5. Pinch a portion of the dough (about 25 g) and roll into a ball the size of a golf ball.
- 6. Place the rolled dough on the parchment paper. Allow sufficient space between the rolled dough as it will flatten during baking.
- 7. Place the baking sheet into the preheated oven and bake for about 12 mins or until the edge of the cookie turn golden brown.
- 8. Remove cookie from oven and allow to cool in an enclosed area that's not windy.

Tips:

- During mixing, do not over knead the dough as it will cause the cookie to be hard.
- As wholemeal cookies are quite dense, they are best served with hot low fat milk where the child can dunk the cookie while eating.



Nutrition Information (Per serving): 25 g Energy 99.3 kcal Protein 2.0 g Total fat 4.6 g Saturated fat 0.4 g Carbohydrates 12.3 g Total Sugar 3.9 g Dietary fibre 0.7 g Sodium 123.4 mg

Cost per cookie \$0.11