

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



* Choose products with the Healthier Choice Symbol

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