



Honey and Sultana Cookies

Ingredients:

125 gm unsalted organic butter

½ cup raw organic honey

1 organic or free range egg

½ teaspoon organic vanilla essence

¾ cup organic white self raising flour

1 cup organic wholemeal self raising flour

125gm organic sultanas (use organic sultanas if possible)

2 tablespoons organic LSAS (Linseeds, Sunflower Seeds, Almonds, Sesame Seeds)

2 tablespoons organic Chia Seeds

¼ cup of organic Oat bran

¼ cup of organic Wheat Germ

Add a teaspoon or two of water if the mixture seems too dry, this can happen sometimes.

Method:

Slowly cream together the butter, honey and vanilla then gradually add the lightly beaten egg, mixing well after each addition

Mix in sifted flour, LSAS, Chia Seeds, Oatbran and Wheat Germ. When this is coming together add the sultanas, if the mixture appears too dry and isn't coming together like cookie dough then add the water slowly to achieve the desired consistency.

Once mixture has come together shape teaspoons into small balls and placed on a lightly greased tray or on a tray lined with baking paper.

Bake in a moderate oven (180°C) for 10-12 minutes.

Makes approx 45 yummy cookies

Note:

The cookies can be stored in an airtight container in the pantry or freeze halve the batch for use later and to keep them fresh.