

Cinnamon, oat and raisin cookies

Makes about 20

These cookies sit in the 'almost healthy' category - they make a nice occasional treat, and the addition of oats increases the fibre and helps to stabilise blood sugar.

Raisins count towards your 5 a day, too!

You will need

225g unsalted butter	2 level tsp bicarbonate of soda
375g light soft brown sugar	1 tsp cinnamon
50g caster sugar	200g rolled oats
3 tsp vanilla extract	200g raisins
2 large eggs	
300g plain flour	

What to do

Beat the butter, sugar and vanilla extract until light and fluffy.

Beat in the eggs one at a time.

Sift the flour, bicarbonate of soda and cinnamon into the mixture and stir in.

Stir in the oats and raisins.

Roll the mixture into a log, and wrap in baking parchment or foil. Keep chilled or frozen.

When ready to bake, slice the log into cookies and place on a greased baking sheet. Cook at 170° (or 150° if fan-assisted) for 10-12 minutes until just puffing up and starting to colour around the edges.

Adapted from The Guardian Guide to Baking (2007)



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