

# RECIPE

## Carob Nut Cookies

### YOU WILL NEED:

- Large bowl
- Mixing spoon
- Food processor
- Measuring cup
- Measuring spoons (Teaspoon & Tablespoon)
- Oven tray
- Can of Spray-on oil or greaseproof paper
- Drying rack
- Preheated oven
- Ingredients as listed

### INGREDIENTS AND PROCEDURE:

1. **Preheat an oven to 140°C**
2. **In a large bowl place and stir to combine:**
  - 1 cup rolled oats
  - 1 cup wholemeal flour
  - ½ teaspoon baking soda
  - ½ teaspoon salt
  - ½ cup carob chips
  - ½ cup sultanas
  - ½ cup chopped nuts
3. **Soak dates**
  - ⅓ chopped dates
  - 5 ½ tablespoons water
  - Soak the dates in water for 30 minutes
4. **In food processor blend till creamy:**
  - 1 banana (mashed)
  - 3 to 5 ½ tablespoons water
  - Soaked dates
  - ½ teaspoon vanilla
5. **Pour onto dry ingredients and stir until thoroughly combined**
6. **Form into walnut-sized balls and press onto an oil-sprayed tray.**
7. **Bake for 18 minutes until golden**
8. **Place on drying rack to cool**

