



Heart-Healthy Oatmeal Cookies

This is a delicious way to get heart-healthy fibre into your diet. The “Belly Friendly” muesli mixture contains nuts and dried fruit and Finnish rolled oats with soluble beta-glucan to help reduce the risk of coronary heart disease and lower cholesterol. Oats also contain anti-inflammatory avenanthramides to help combat disease. Add a cupful of freshly ground flaxseeds with plant lignans and ALA (alpha-linolenic acid) to increase cardiovascular benefits. Make sure it is freshly ground, as flax oxidises quickly in the tropics. The sweetness in the recipe comes from a combination of coconut nectar sugar which has a low G.I. and raisins which are high in sugar, but also packed full of fibre, vitamins and minerals. Add the goodness of organic grass-fed butter and organic feed eggs and you have a healthy, sweet treat.

Credits: Ceri, Zenxin Masterchef

Key facts:

Preparation time: 20 mins

Baking time: 15 mins

Total: 35 mins

Serves: 25-30 pieces

Ingredients:

1 1/3 cups SN Belly Friendly Muesli

1/3 cup all purposed flour

3/4 cup organic raisins

1/3 cup organic ground flax seeds

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1 tsp organic ground Ceylon cinnamon

a pinch of Himalayan salt

85g organic butter

50g organic coconut nectar sugar

1 organic feed egg

Method:

1. Pre-heat the oven to 170°C and line the baking tray with baking paper
2. Prepare all the dried ingredients in a bowl
3. Cream together the room temperature butter and sugar until smooth
4. Add in egg and mix thoroughly
5. Combine wet and dried ingredients and blend well
6. Take a teaspoon and scoop out a small amount
7. Shape into a ball and press down onto baking paper
8. The mixture should make 25-30 small cookies
9. Place in the middle of the pre-heated oven and bake for 15 minutes
10. Remove and place on a cooling rack
11. Serve and enjoy or store in an airtight tin for 2-3 days.