

Recipe:

# BREAKFAST COOKIES



# WHAT YOU NEED:

- ½ large raw carrot
- 1 raw zucchini/baby marrow
- 1½ cups all purpose/cake flour
- 1 cup raw oats
- ¾ cup butter softened
- ½ cup molasses (or dates)
- 2 eggs
- 1 tsp cinnamon
- Pinch of salt
- ½ tsp baking soda
- 1 tsp vanilla essence
- ½ cup dried cranberries/raisins
- ¼ cup desiccated coconut



# METHOD:

1. Preheat oven to 180°C.
2. Line/grease a baking sheet.
3. Grate carrot and zucchini/baby marrow (squeeze out excess liquid from zucchini).
4. Beat butter until creamy.
5. Add molasses (or dates) and mix.
6. Mix in eggs one at a time.
7. Add dry ingredients and mix.
8. Add carrots, zucchini/baby marrow and cranberries and mix.
9. Drop spoonfuls of mixture onto the baking sheet (leaving a small space between).
10. Bake for 10-12 minutes.
11. Allow to cool before eating.

These are great for lunch boxes, breakfast treats and party treats.



# FEATURED TECHNIQUE:

## Grating

Helps to develop order, coordination and independence.

Strengthens the finger muscles and increases concentration.

It also creates a sense of achievement and contribution as your child assists in preparing food.

By naming fruits, vegetables, tools etc., as you cook, this develops your child's language skills.

