

OAT AND HONEY FLAPJACK COOKIES

Recipe taken from The Great British Bake off Big Book of Baking

Makes about 22 – (for the Show display five on a plate)

Ingredients:

120g butter, softened

140g light muscovado sugar

2 tablespoons honey

1 medium egg, room temperature - beaten to mix

100g plain wholemeal flour (wheat or spelt)

½ teaspoon baking powder

1 teaspoon ground cinnamon

200g porridge oats

100g dried fruit and nuts (baker's choice of fruit and nuts e.g. sultanas, cranberries, dates, cherries, walnuts, pecans etc.

1 or 2 baking sheets lined with baking paper

Oven temperature 200C/400F/gas 6

Method:

1. Put the honey, sugar and soft butter in a mixing bowl and beat well with a spoon or electric mixer until fluffy and slightly lighter in colour.
2. Add the beaten egg gradually and mix in well.

3. Sift the flour, baking powder and cinnamon into the bowl - adding back any bran left in the sieve.
4. Add the oats and fruit/nuts and mix thoroughly with a large spoon, making sure the fruit and nuts are well distributed.
5. Using a rounded tablespoon of mixture for each cookie, spoon the mixture onto the baking sheet ensuring the cookies are well separated. Gently press down the cookie mix with the back of the spoon to make the cookies the same thickness - about 1 to 1.5 cm is ideal - they should be craggy rather than neat and tidy.
6. Bake in preheated oven for 10 to 12 minutes until top is golden brown with light brown edges.
7. Leave the cookies on the tray to cool for about 10 minutes once removed from the oven, then carefully transfer to a wire rack and leave until cold. They can be stored in an airtight container for about 5 days.

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