

## **Carrot and Oat Cookies**

**Quick, easy and healthy!**

**225g butter or margarine**

**200g sugar**

**340g golden syrup (or treacle)**

**1 egg**

**250g flour**

**1 teaspoon bicarbonate of soda**

**3/4 teaspoon salt**

**1/2 teaspoon vanilla essence**

**125 grated carrots**

**170g porridge oats**

### **Preparation method**

- 1. Preheat the oven to 180 degrees C / gas mark 4.**
- 2. Cream butter and sugar together. Mix in golden syrup and then the beaten egg. Stir in the dry sifted ingredients until well mixed.**
- 3. Stir in carrots and oats.**
- 4. Drop by teaspoonfuls onto greased baking tray.**
- 5. Bake for 12 to 15 minutes. Cook on a wire rack.**

